

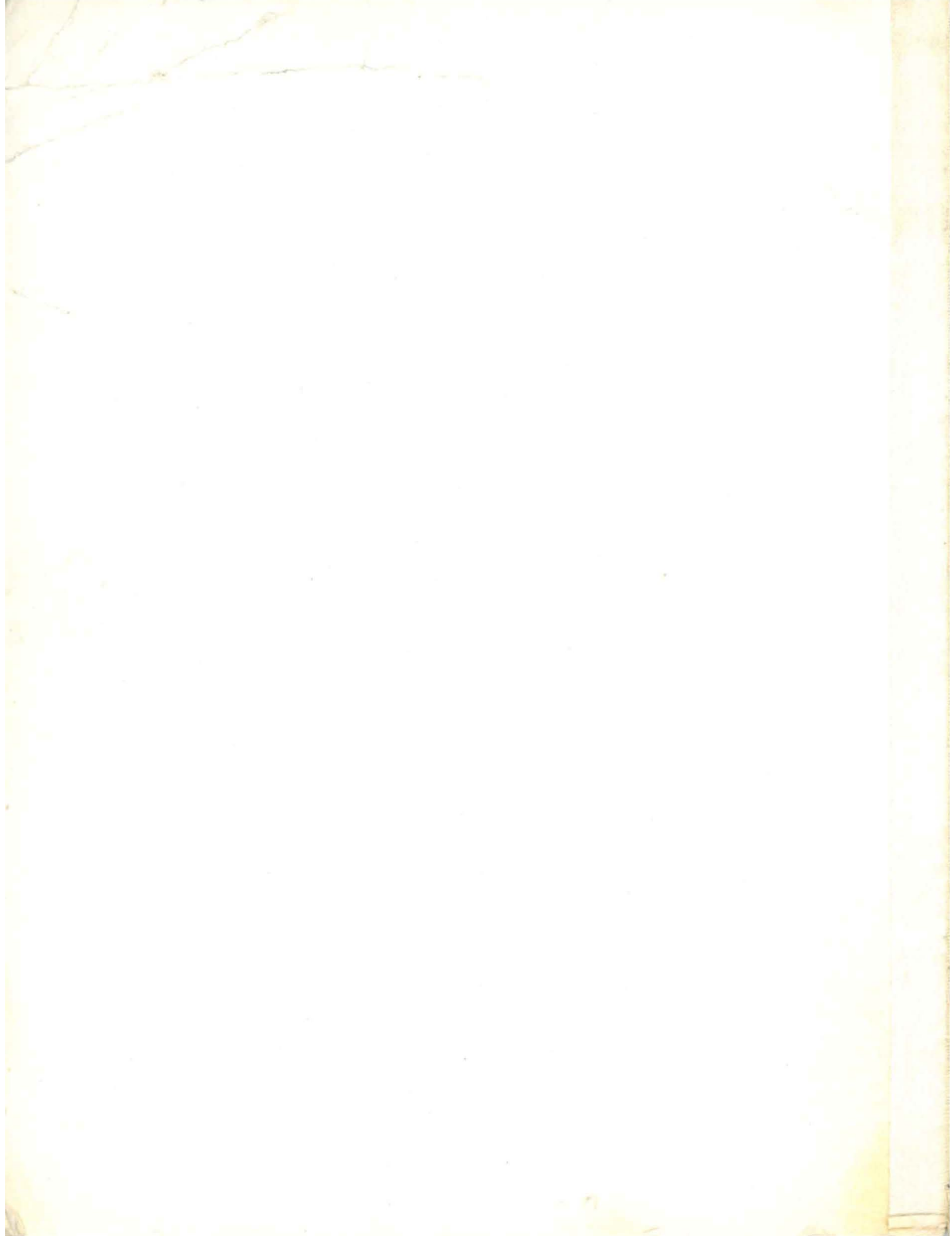
**THE**  
*New Art*  
**OF SIMPLIFIED  
COOKING**



*From the Kitchens of the  
General Electric Institute*

HOME SERVICE SECTION, APPLIANCE AND MERCHANDISE DEPT.  
GENERAL ELECTRIC COMPANY • BRIDGEPORT, CONNECTICUT





#2

RECIPES TO PLEASE THE WHOLE FAMILY

*Dedicated to the homemakers of America for whom the General Electric Company constantly strives to make better things for better living.*



"Good Food, properly prepared, adds more to the joy of living than any other one thing."

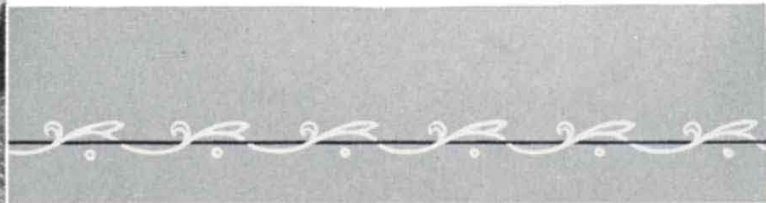
*Anonymous*

A book of favorite recipes and menu suggestions, with helpful hints for modern food preservation and preparation. Recipes are tested and approved by the Home Service Section, Appliance and Merchandise Department, General Electric Company, Bridgeport, Connecticut.

# *The General Electric Institute*

BRIDGEPORT, CONNECTICUT

*In* THIS NEW INSTITUTE,  
COMPLETELY EQUIPPED  
WITH THE MOST MODERN  
ELECTRIC APPLIANCES, ALL  
RECIPES INCLUDED IN THIS  
BOOK ARE TRIED AND TESTED





## *Modern Electric Appliances in the Home*

ELECTRICITY is constantly making possible new and better methods of homemaking. Just as constant research is necessary in the development and production of modern electric appliances, so continued research is essential to the most useful and economical application of these appliances in the home.

In the new and modernly equipped General Electric Institute, a staff of home economics experts is continually planning, developing and testing new and better ways to use today's electric appliances in the preservation and preparation of food, and in kitchen sanitation. These experts go to market . . . they shop . . . they study ways to save money in the purchase and preparation of food without sacrificing goodness and wholesomeness. They talk with housewives, with food growers and buyers, with diet specialists. They travel to all parts of the country giving thousands



of women the benefit of what has been learned in the G-E Institute.

The Home Service Section is always striving to help the homemaker find greater convenience, cleanliness, and economy in the kitchen — to help the woman who wants to save time and energy in her kitchen work. In the G-E Institute are several complete all-electric kitchens

of different size and design. These modern all-electric kitchens have electric refrigerators for the preservation of food and for preparing cold dishes . . . electric ranges for easier preparation of healthful, tasty meals . . . electric dishwashers to wash and dry the dishes . . . electric disposals to get rid of wastes in an easy and sanitary way . . . and many other electric appliances developed by General Electric to make homemaking easier and happier.





	PAGE
FOREWORD - - - - -	2
APPETIZERS - - - - -	6-7
GARNISHES - - - - -	8
BEVERAGES - - - - -	9
COCKTAILS - - - - -	10
SOUPS - - - - -	11-12
CHEESE AND EGG DISHES - - - - -	13-14
VEGETABLE COOKERY - - - - -	15
SAUCES AND GRAVIES - - - - -	17-18
CEREAL COOKERY - - - - -	19
DEEP FAT FRYING - - - - -	20
SURFACE MEALS - - - - -	21-22
THRIFT COOKER - - - - -	23
POULTRY - - - - -	24
MEAT COOKERY AND MEAT DISHES - - - - -	26-27-28
MEAT AND FISH BROILING - - - - -	29
FISH - - - - -	30
SALADS - - - - -	31-32-33
SALAD DRESSINGS - - - - -	34
CAKES - - - - -	35-37-38
CAKE FILLINGS - - - - -	39
SMALL CAKES AND COOKIES - - - - -	40-41
PIES AND PASTRIES - - - - -	42-43
HOT DESSERTS - - - - -	44-46-47
FROZEN DESSERTS - - - - -	48-49-50
CHILLED DESSERTS - - - - -	51-52
DESSERT SAUCES - - - - -	53
BREADS - - - - -	54-57-58
SANDWICHES - - - - -	59
LEFT-OVERS - - - - -	60-61
CANDIES - - - - -	62
HIGH ALTITUDE COOKING - - - - -	63
HELPFUL HINTS - - - - -	64
TIME AND TEMPERATURE CHARTS - - - - -	65-66-67
CANNING - - - - -	69
GOURMET RECIPES - - - - -	70-71-72-73-74-75-76
KITCHEN STORY - - - - -	78-79
INDEX - - - - -	80-81-82-83-84







# Appetizers

## Stuffed Celery

YIELD, 12 PIECES CELERY

- |                                                                                     |                                    |
|-------------------------------------------------------------------------------------|------------------------------------|
|                                                                                     | <b>1 cake (3 oz.) cream cheese</b> |
|                                                                                     | <b>¼ tsp. salt</b>                 |
| 1. Mash together. . . . .                                                           | <b>⅛ tsp. pepper</b>               |
|                                                                                     | <b>⅛ tsp. Paprika</b>              |
|                                                                                     | <b>Dash Worcestershire sauce</b>   |
| 2. Moisten with. . . . .                                                            | <b>Mayonnaise</b>                  |
| 3. Separate and wash celery hearts. Fill celery with mixture through a pastry tube. |                                    |

## Celery Curls

1. Cut stalks of celery into three or four-inch pieces.
2. With a sharp knife make five or six incisions down the stalk, stopping within 1½ inches of the end.
3. Drop the pieces into cold water and place in refrigerator for several hours.
4. The split ends will curl back along the stalks, making an attractive garnish for salads and "cold plates."
5. To hasten curling place in Chiller.

## Celery Trunks

1. Take two matching pieces of curled celery and fill the cavities with any filling used for stuffed celery.
2. Press the two stalks together and stand upright to resemble trunks of trees.

## Firecrackers

1. Spread thin slices of baked ham with prepared mustard, then with cream cheese and crushed pineapple, mixed.
2. Roll tightly.
3. Place strip of green pepper in one end of each to represent the fuse.
4. Serve with luncheon.

## Strawberry-Like Appetizers

1. For realistic strawberries, mash liver sausage (without garlic) then shape into the shape of a strawberry, roll in finely ground almonds, which have been tinted red.
2. Use a tiny bit of mint or watercress for stem and leaf.

## Hors D'Oeuvres

Relishes which are classed as hors d'oeuvres may consist of olives, plain or stuffed, pickles of various kinds, radish roses, fruits, celery hearts, etc. Hors d'oeuvres should be served on a special tray or dish divided into compartments. A combination of hors d'oeuvres and canapes may be served if desired. Marinate all vegetables. Fruits should be dipped in lemon juice.

## Hors D'Oeuvres Combinations

1. Avocado pears cut in cubes or balls. Dip in lemon juice and salt.
2. Artichoke hearts. Pickled beets. Cauliflower flowerlets. Asparagus wrapped in bacon and broiled. Carrot and turnip straws.
3. Celery—plain or stuffed with various cheeses.
4. Tiny cream puff stuffed with ham, chicken, lobster or crabmeat salad.
5. Sardines or shrimp jellied in aspic. Cut and arranged on slices of tomato.
6. Midget frankfurters or cocktail sausages served hot on toothpicks.
7. Shrimp marinated or French fried served on toothpicks around a bowl of sauce.
8. Hard cooked eggs, stuffed or sliced and marinated and sprinkled with minced parsley, chives or cress.
9. Melon cut in strips or balls. Also segments of orange or grapefruit.
10. Olives or prunes wrapped in bacon, stick with toothpick and broil.

## Canapes

Canapes may be made either simple or elaborate in appearance. Canapes are made from toasted bread cut thin and cut into various shapes. There are also excellent cheese sticks, pretzels, prepared biscuits, crackers, or potato chips. These may be purchased at most grocery stores.

**Cold Canapes** are generally made of Russian Caviar, anchovy paste, smoked fish, hard cooked eggs, cheese, sea foods, etc. Mix with a little mayonnaise. Garnish edge of canapes with sieved egg yolks or whites, minced parsley or chives, cream cheese, mayonnaise, pimento, butter, etc. Put on with pastry tube.

**Hot Canapes** generally have a savory mixture served on hot toast, such as deviled cheese, minced ham, sausages, oysters, broiled tomatoes or fried shrimp. These should be served very hot.



# Canapes

## Canape Combinations

1. Cream cheese with minced onion, served on crisp crackers. Garnish with caviar or minced parsley.
2. Avocado pears, sliced, served on toast, garnished with almonds and cherries.
3. Equal parts anchovies and sardine paste. Spread on fried bread and garnish with pimento butter and lemon.
4. Small new onions rolled in bread spread with mayonnaise.
5. Chutney sauce and minced ham spread on toast rounds. Sprinkle with Parmesan cheese and toast. Serve hot.
6. Potato chips spread with anchovy paste, caviar, or roquefort cheese.
7. Ground chicken and almonds seasoned with new onions and moistened with mayonnaise. Spread on Melba toast.
8. Cocktail sausages with salted almonds at each end served as garnish on platter.
9. Red or black caviar spread on fried bread. Garnish around edge with cheese or egg.
10. Snappy cheese on crisp crackers.

## Russian Canape

1. Spread rounds of bread with..... **Anchovy butter**  
(Well creamed butter to which a small amount of anchovy paste has been added.)
2. Place in center of each round of bread... **1 tsp. caviar**
3. Garnish through a pastry tube with..... **Anchovy butter or cream cheese**
4. Place in refrigerator to chill.  
May be served on lettuce leaf or with a garnish of shredded lettuce or watercress.

## Hot Cheese Puff Canape

1. Dice.....  $\frac{1}{2}$  lb. **American cheese**
2. Add.....  $\left\{ \begin{array}{l} 1 \text{ 3-oz. pkg. cream cheese} \\ 1 \text{ egg} \\ 1 \text{ tsp. baking powder} \end{array} \right.$
3. Mix until a smooth paste.
4. Toast..... **Bread**
5. Cut toasted bread into tiny shapes.
6. Spread with cheese mixture.
7. Place under broiler until golden brown.
8. Serve at once.
9. Small crackers can be substituted for toast.

## Luncheon Canape

### SERVES 6

1. Steam..... **3 eggs**
2. Remove yolks and put through a sieve.
3. Add to egg yolks...  $\left\{ \begin{array}{l} 1 \text{ tbsp. finely chopped chives} \\ \text{Cayenne pepper} \\ 3 \text{ tbsp. melted butter} \end{array} \right.$
4. Moisten with.....  $\left\{ \begin{array}{l} \text{Mayonnaise} \\ \text{Catsup to hold yolks together} \end{array} \right.$
5. Fill whites with mixture and chill thoroughly.
6. Saute..... **6 slices bread cut in rounds**
7. Spread with..... **Anchovy paste**
8. Place on small plates and on each piece of toast place  $\frac{1}{2}$  of a stuffed egg. Sprinkle with paprika. Garnish with parsley.

## Tomato Supreme

### SERVES 6

1. Scald..... **6 very small tomatoes**
2. Remove skin and centers of tomatoes, sprinkle inside of tomato with salt and chill thoroughly.
3. Mix together.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cake cream cheese} \\ 2 \text{ tbsp. cream} \\ 1 \text{ tbsp. chili sauce} \\ 1 \text{ tbsp. catsup} \\ \frac{1}{2} \text{ tsp. paprika} \\ \text{Salt and pepper} \end{array} \right.$
4. Fill tomato with the above mixture. Return to refrigerator cabinet and chill thoroughly.
5. Place on small plate, on lettuce nests or shredded lettuce. Top with mayonnaise. Serve as first course.

## Suggested Garnishes for Various Canapes

1. Minced ripe or green olives.
2. Sliced or halved stuffed olives.
3. Rolled anchovies
4. Pimiento or green pepper diced or in strips.
5. Chopped sweet or dill pickles.
6. Jellied mayonnaise.
7. Riced egg yolk.
8. Filets of anchovy.
9. Minced radish peeling and minced parsley.

# Garnishes

**Tools for making garnishes:** Very sharp paring knives, various fancy cutters, rigid knife for vegetables, shredders, French vegetable cutters for vegetables and fruit, French butter curler, vegetable friller.

**Garnishing slicers for:** Eggs, vegetables, fruit, slicer for making "screw curls" of vegetables, slicer for making vegetable flowers, pastry bag and tubes, various decorating tubes, small wire baskets for making potato flowers, paper frills.

## *Radish Roses or Tulips*

1. Select round radishes, remove root tip, leave only enough of the leaves and stem to make an attractive garnish.
2. With a very sharp knife cut the red peeling to represent a rose or tulip.
3. Peel back.
4. Place in ice water or in vegetable pan until ready to use.

## *Tomato Flower*

1. Select a firm, ripe, medium sized tomato. With a very sharp knife divide the tomato into five equal petals. Carefully peel the petals down to stem end, being careful not to break.
2. When all petals are completed, open to resemble a flower.
3. Sprinkle with sieved egg yolk or cheese.
4. Use as a garnish or an individual salad.

## *Tomato Rose*

1. Select a medium size tomato. Hold the tomato with the left hand and with a very sharp knife pare the tomato, peeling in the same way as paring an apple, being careful not to break the paring. Remove paring entirely, including the stem end.
2. With the first end, carefully wind the paring, skin side out, snugly together to resemble a rose. When the stem end is reached, let the rose rest on the stem end, furnishing a base for the rose. Make a center of carrot strips or egg yolk.
3. Use to garnish salads, meats or a sandwich tray.

## *Olive Flower*

1. Cut a ripe olive into four or five petals. Remove stone. Fill center with cream cheese or mayonnaise.

## *Water Lily*

1. Hard cook the number of eggs needed. When cold, cut the egg white in 6 or 8 equal size petals lengthwise of the egg. **Do not** cut all the way down. Carefully pull back the petals and remove the yolk. Close the petals and place in refrigerator.
2. Mash the egg yolks, adding mayonnaise or cream, salt, pepper, mustard to season.
3. When ready to serve, set the egg on a bed of shredded lettuce, open petals to represent a lily, and form the center with egg yolk mixture (using a pastry tube). Sprinkle with paprika.

## *Luncheon Butters*

1. Use a sharp paring knife with a rounded end. Draw knife across butter lightly, until there is as much on the knife as it will hold.
2. Remove and form into a flower. If butter is too cold it will come off too thin. If butter is too warm, it will be too thick.
3. Place flower on pat of butter.
4. Place a piece of parsley stem vertical on one side of flower.
5. Place a bit of cherry, carrot or pimento in center.
6. To add more color, touch edges with paprika.

## *Potato Cases*

1. Peel large potatoes.
2. Slice paper thin.
3. Cut into strips 1 inch wide, 2½ inches long.
4. Cut one end to a point.
5. Place 7 petals around a small noodle basket.
6. Hold securely and place smaller basket inside.
7. Fasten and fry in deep fat until golden brown.

## *Vegetable Corsages*

1. Use a root of spinach which has many stems and leaves.
2. Break off some of leaves leaving stem. Insert toothpicks in stems, cut tiny circles from carrots, white turnips and ripe olives. Have circles of different sizes.
4. Place two or three on top of each other and place on toothpick.
5. Cut daisies from carrots and turnips and place on toothpicks. Repeat until all toothpicks are filled.



# Beverages

## Decorated Cubes

Place a maraschino cherry in section of the ice cube tray; fill tray  $\frac{1}{2}$  full of water and freeze. Then fill remainder of tray with water and freeze. Use either red or green minted cherries.

Mint leaves and red cherries frozen in tray make an attractive cube for lemonade.

Lemon cut  $\frac{1}{8}$  inch thick and sliced in quarters, frozen in cube makes a very unusual cube for orangeade.

Put in each compartment of tray 1 or 2 mint leaves, a small flower or cherry. Freeze.

## Sugar Syrup

1. To.....3 cups sugar
2. Add..... $1\frac{1}{2}$  cups water
3. Stir until dissolved.
4. Bring to boiling point and boil slowly for 10 min.—Cool.
5. Pour into covered jar and keep in refrigerator, using as needed.

## Fruit Punch

SERVES 25

1. To.....Sugar syrup
  - 1 qt. grape juice
  - 1 pt. gingerale
  - 6 oranges (juice)
2. Add.....
  - 6 lemons (juice)
  - 1 pt. grated pineapple
  - 1 pt. tea (optional)
3. Let stand for 1 hour.
4. Add.....2 qts. chilled water
5. Serve with chipped ice.

## Pineapple Raspberryade

SERVES 8

1. Mix together.....
  - 1 cup water
  - 1 cup canned crushed pineapple
  - 1 cup canned raspberry juice
  - 1 lemon (juice)
2. Keep in refrigerator until ready to serve.
3. Serve in tall glasses with gingerale cubes and fresh mint leaves.

## Russian Chocolate

SERVES 6

1. Combine.....
  - 2 cups hot chocolate
  - 2 cups hot coffee
2. Add.....
  - $\frac{1}{2}$  cup sugar syrup
  - 4 tsp. coffee cream
3. Cool and place in refrigerator to chill.
4. Place glasses in chiller tray to frost.
5. When ready to serve fill frosted glasses with crushed ice cubes.
6. Pour over chilled mixture.
7. Garnish with.....Whipped cream and cherries

## Hot Chocolate

SERVES 6

1. Scrape fine.....
  - 2 squares unsweetened chocolate
2. Mix with.....3 tbsp. water
3. Melt on low heat.
4. Scald.....4 cups milk
5. Add.....Chocolate mixture
6. Add.....3 tbsp. sugar
7. Stir until dissolved.
8. Whip with egg beater until light and frothy.
9. Serve with.....Marshmallows or whipped cream

## Tea a la Julep

1. Clean, cut and place in tea pot..... $\frac{1}{2}$  cup mint leaves
2. Add.....
  - 3 tbsp. black tea
  - Pinch salt
  - 6 cups boiling water
3. Allow to stand 5 to 8 minutes—strain.
4. Pour tea over.....Ice cubes
5. Garnish with.....
  - Sprig sugared mint
  - Lemon slice

## Egg Nog

1. Beat.....1 egg yolk
  - 1 tsp. sugar
  - Pinch salt
2. Add.....
  - 1 tbsp. sherry or brandy
3. Add and shake well... $\frac{3}{4}$  cup milk
4. Beat until light and add.....1 egg white
5. Pour into glasses and add.....Dash nutmeg

# Cocktails

## Cocktail Sauce

SERVES 6

- |                                                           |                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Mix.....                                               | $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup catsup or chili sauce} \\ 3 \text{ tbsp. lemon juice} \\ 1 \text{ tbsp. horseradish} \\ 2 \text{ drops tabasco sauce} \\ \frac{1}{4} \text{ tsp. salt} \\ 2 \text{ tsp. Worcestershire sauce} \\ \text{Celery or garlic salt, if desired} \end{array} \right.$ |
| 2. Blend well and store in refrigerator in screw top jar. |                                                                                                                                                                                                                                                                                                                 |

## Sea Food Cocktail

SERVES 1

- |                                       |                                                                                                                                         |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1. Mix together.....                  | $\left\{ \begin{array}{l} 2 \text{ oysters} \\ 4 \text{ shrimp} \\ 2 \text{ clams} \\ 1 \text{ tbsp. lobster meat} \end{array} \right.$ |
| 2. Chill thoroughly.                  |                                                                                                                                         |
| 3. When ready to serve, mix with..... | Cocktail sauce                                                                                                                          |
| 4. Garnish with.....                  | Slice of lemon, parsley or curly endive                                                                                                 |

## Clam Juice Cocktail

SERVES 6

SAUCEPAN

- |                                                              |                                                                                                                                                              |
|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Place in saucepan.                                        | $\left\{ \begin{array}{l} 3 \text{ cups clam liquor} \\ 1 \text{ stalk celery} \\ 1 \text{ tsp. grated onion} \\ 2 \text{ tbsp. catsup} \end{array} \right.$ |
| 2. Bring ingredients to a boil, remove and chill thoroughly. |                                                                                                                                                              |
| 3. Add.....                                                  | Lemon juice, tabasco sauce                                                                                                                                   |

## Fruit Cocktail

1. Fruit cocktails may be made from almost any fruits, canned or fresh. As a rule, a combination of a sweet and a sour fruit is most piquant in flavor.
2. All fruit should be chilled very thoroughly before serving.
3. The chiller tray or trays of the refrigerator are excellent for this purpose.

## Melon Ball Cocktail

1. With a French vegetable cutter scoop out balls from..... Watermelon, cantaloupe, honeydew, cassaba or any melon in season
2. Arrange in cocktail glasses, or melon shells (2 melons will make 12 shells).
3. Squeeze over balls.... Juice of fresh lime or lemon
4. Chill thoroughly.
5. Garnish with..... Sprig of mint or gaylax leaf

## Golden Glow Cocktail

1. Place in frappe glass..... 2 or 3 tbsp. orange sherbet
2. Fill glass with..... Ginger ale
3. Sprinkle over top.... Chopped crystallized ginger

## Ginger Fruit Cocktail

- |                           |                                                                                                                            |
|---------------------------|----------------------------------------------------------------------------------------------------------------------------|
| 1. Dice.....              | $\left\{ \begin{array}{l} 1 \text{ cup canned peaches} \\ 1 \text{ large banana} \\ 1 \text{ orange} \end{array} \right.$  |
| 2. Add and mix.....       | $\left\{ \begin{array}{l} 2 \text{ tbsp. lemon juice} \\ \frac{1}{4} \text{ cup confectioners' sugar} \end{array} \right.$ |
| 3. Chill in refrigerator. |                                                                                                                            |
| 4. Arrange in glasses.    |                                                                                                                            |
| 5. Sprinkle over top....  | 2 tbsp. chopped crystallized ginger                                                                                        |

## Rose Cup Cocktail

- |                                                |                                                                                                                                                                                        |
|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Combine.....                                | $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup watermelon balls} \\ \frac{3}{4} \text{ cup honeydew melon balls} \\ \frac{1}{2} \text{ cup seeded white grapes} \end{array} \right.$ |
| 2. Add.....                                    | $\left\{ \begin{array}{l} 2 \text{ tbsp. grenadine} \\ 1 \text{ tbsp. lemon juice} \end{array} \right.$                                                                                |
| 3. Chill in refrigerator until ready to serve. |                                                                                                                                                                                        |
| 4. Add.....                                    | 1 cup ginger ale                                                                                                                                                                       |



# Soups

## Foundation White Sauce

SAUCEPAN TEMP. LOW HEAT TIME 12 to 15 MIN.

1. Melt..... 3 tbsp. butter
2. Add..... { 4 tbsp. flour  
1/8 tsp. pepper  
1/8 tsp. salt
3. Mix to smooth paste.
4. Add to 2 cups scalded milk.
5. Cook until thick.
6. Use immediately or cool, and store in covered jar in refrigerator.

## Clam Chowder

SERVES 8 THRIFT COOKER TIME 1 HR.

1. Wash thoroughly..... 2 doz. fresh clams
2. Steam clams in..... 1/2 cup water
3. Steam until clams are well opened.
4. Drain, reserving liquor.
5. Remove shells.
6. Cut clams into small pieces.
7. Place in Thrift Cooker Kettle..... 2 qts. boiling water
8. Peel, dice, add..... { 1/3 cup diced celery  
4 potatoes
9. Peel and slice..... 3 medium onions
10. Cook for 15 minutes.
11. Dice and fry..... 2 slices salt pork
12. Add..... { 2 cups canned tomatoes  
1 tsp. salt  
1/4 tsp. pepper
13. Mix together and cook slowly.

## Cream Soup Variations

1. **Cream of Spinach.** Add to the Foundation White Sauce 1 1/2 cups spinach puree and 1/2 tsp. sugar. Season to taste. Serve very hot with croutons.
2. **Cream of Corn.** Add 2 cups cooked corn seasoned with thinly sliced onion. Serve hot with popped corn, dash of paprika and strips of pimento on top.
3. **Cream of Tomato.** Add 2 1/2 cups of tomato puree, pinch of soda and 1 tsp. of grated onion. Serve hot and top with whipped cream if desired.
4. **Cream of Pea.** Add 2 1/2 cups of pea puree, 1 tsp. grated onion.
5. **Cream of Mushroom.** Simmer 1/4 lb. of mushrooms sliced thin in 2 tbsp. butter. Add 1/2 cup of water and cook slowly for 10 min. Add this to 2 cups of Foundation White Sauce and serve hot with toasted crackers.

6. **Cream of Celery.** Add 2 cups of celery pulp, season and serve hot.
7. **Cream of Asparagus.** Add to the Foundation White Sauce 2 cups of asparagus puree. Serve hot with whipped cream.

## Clear Consomme

SERVES 8 THRIFT COOKER TIME 6 to 8 HRS.

1. Wash thoroughly... 1 soup bone (beef or veal—broken by butcher)
2. Place in large saucepan or Thrift Cooker.
3. Add..... { 1 chicken carcass  
1/2 cup celery  
1/2 cup carrots  
1 tbsp. parsley  
1/4 cup onions  
1/2 tsp. thyme  
3 whole cloves
4. Season with..... { 1/2 tsp. pepper  
Salt to taste
5. Add..... 2 1/2 qts. water
6. Turn switch to low for 6 to 8 hrs.
7. Strain through cheese cloth. Cool.
8. Serve immediately or store in covered jar in refrigerator.

## Variations of Consomme

1. **Jellied Consomme.** Add 2 1/2 tps. of plain gelatin soaked in 2 tbsp. cold water to 1 pt. of consomme.
2. **Vegetable Consomme.** Add to consomme recipe 1 cup of shredded carrots, 1 cup shredded celery and 1 cup green peas. Cook for 30 minutes after adding vegetables.
3. **Noodle Soup.** To 1 quart of brown soup stock add 1 cup of egg noodles, cook 20 minutes.
4. **Consomme Royale.** Consomme served with shredded chicken and new green peas.
5. **Julienne Soup.** Add equal portions of shredded carrots, celery, turnips and onions.

## Tomato Bouillon

SAUCEPAN OR THRIFT COOKER

SERVES 6

TIME 25 MIN.

1. Mix..... { 2 cups canned tomatoes  
1 small bay leaf  
2 cloves  
1/2 sliced onion
2. Simmer for 20 minutes—strain.
3. Add..... { 3 bouillon cubes  
3 cups water
4. Heat slowly, stirring constantly about 5 minutes.
5. Strain through cheese cloth.

# Soups

## Jellied Tomato Bouillon

**SERVES 6 SAUCEPAN TIME 3 to 4 HRS.**

- |  |                                                                                                                                                                                                        |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <ul style="list-style-type: none"> <li>1 qt. tomatoes</li> <li>1 tbsp. chopped onion</li> <li>1 tsp. salt</li> <li>4 whole cloves</li> <li>1 bay leaf</li> <li>½ cup celery</li> <li>Pepper</li> </ul> |
|--|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
1. Cook together for 20 min.
  2. Strain.
  3. Soak.....2 tbsp. gelatin
  4. In.....½ cup cold water
  5. Dissolve in hot tomato mixture. Cool.
  6. Pour into shallow pan and place in cabinet or chiller tray to congeal.
  7. Serve in chilled bouillon cups, cubed or broken with fork. Garnish with parsley.

## French Onion Soup

**SERVES 6 SAUCEPAN TIME 45 MIN.**

1. Saute.....½ lb. onions thinly sliced  
In.....4 tbsp. butter
  2. Cook on low heat.
- |             |                                                                                                                                                               |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3. Add..... | <ul style="list-style-type: none"> <li>1 qt. beef broth</li> <li>1 bouillon cube</li> <li>½ tsp. pepper</li> <li>½ tsp. sugar</li> <li>1 tsp. salt</li> </ul> |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
4. Cook slowly for 45 minutes.
  5. Turn into individual soup tureens.
  6. Place.....6 slices toast  
Sprinkled with.....Grated Parmesan cheese
  7. Place under broiler to brown cheese for about 5 min.
  8. Serve very hot.

## Russian Sour Cream Soup

**SERVES 8 THRIFT COOKER TIME 3 HRS. 20 MIN.**

1. Cube.....1 lb. beef
2. Add.....
 

<ul style="list-style-type: none"> <li>1½ qts. water</li> <li>1½ tsp. salt</li> </ul>
---------------------------------------------------------------------------------------
3. Cut fine and add.
 

<ul style="list-style-type: none"> <li>1 onion</li> <li>2 tbsp. parsley</li> <li>1 bay leaf</li> </ul>
--------------------------------------------------------------------------------------------------------
4. Cook slowly on low until meat is very tender—about 3 hours.
5. Add.....2 beets shredded
6. Cook another 20 minutes.
7. Cube and steam.....4 medium potatoes
8. Add to soup.....1 cup sour cream
9. Pour hot soup over steamed potatoes.

## Black Bean Soup

**SERVES 8 THRIFT COOKER TIME 3 to 4 HRS.**

1. Wash, soak over night.....2 cups black beans
  2. Fry.....1 sliced onion
  3. In.....3 tbsp. butter
  4. Drain beans.
  5. Add.....2 qts. cold water
  6. Dice and add.....2 stalks celery
  7. Add onion and simmer until beans are tender.
  8. Put through a sieve.
- |             |                                                                                                                                                                                    |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9. Mix..... | <ul style="list-style-type: none"> <li>2 tbsp. butter</li> <li>1½ tbsp. flour</li> <li>¼ tsp. mustard</li> <li>⅛ tsp. pepper</li> <li>Dash cayenne</li> <li>¾ tsp. salt</li> </ul> |
|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
10. Add a small amount of soup mixture, stirring constantly until smooth.
  11. Combine with remaining soup mixture.
  12. Reheat to boiling.
  13. Dice.....2 hard-cooked eggs
  14. Add.....1 tbsp. lemon juice
  15. Serve each portion { Hard-cooked egg  
of soup with.....1 slice lemon

## Fruit Soup

**SERVES 8 SAUCEPAN TIME 15 MIN.**

1. Mix.....
 

<ul style="list-style-type: none"> <li>½ cup granulated tapioca</li> <li>6 cups water</li> <li>½ cup currant juice</li> </ul>
-------------------------------------------------------------------------------------------------------------------------------
2. Cook, stirring constantly, until tapioca is transparent.
3. Add.....
 

<ul style="list-style-type: none"> <li>2 cups raspberries</li> <li>Sugar to taste</li> </ul>
----------------------------------------------------------------------------------------------
4. Serve hot or cold.

## Turkey Soup

**SERVES 8 THRIFT COOKER TIME 6 to 8 HRS.**

1. Place into kettle.....Bones and trimmings of turkey
 

<ul style="list-style-type: none"> <li>1 large onion</li> <li>2 carrots</li> <li>1 cup diced celery</li> <li>2 tbsp. minced parsley</li> <li>¼ tsp. mace</li> <li>1 tsp. Worcester-shire sauce</li> <li>3 qts. water</li> </ul>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------
2. Add.....
3. Cook on low heat, then strain.
4. Add.....
 

<ul style="list-style-type: none"> <li>½ tsp. lemon rind</li> <li>Salt and pepper to taste</li> </ul>
-------------------------------------------------------------------------------------------------------



# Cheese and Egg Dishes

## Puffy Egg Omelet

**SERVES 6 SKILLET TIME 8 to 12 MIN.**

1. Melt ..... 2 **tsp. butter**
2. Cover, turn to low and heat pan for 5 min.
3. Beat ..... 4 **egg yolks**
4. Add .....  $\left\{ \begin{array}{l} 3 \text{ tbsp. milk} \\ \frac{1}{2} \text{ tsp. baking powder} \\ \frac{3}{4} \text{ tsp. salt} \end{array} \right.$
5. Mix well.
6. Beat until stiff ..... 4 **egg whites**
7. Fold in carefully ..... **Egg yolk mixture**
8. Pour in skillet, cover, and cook 5 min. on low heat.
9. Remove cover and cook 6 to 8 min.
10. Cut through center, fold over and serve on hot plate.
11. Garnish with ..... **Jelly, fruit or watercress**

## Omelet Variations

**Spanish Omelet:** After the omelet is on the plate, pour over a sauce made of tomatoes, green peppers, salt, butter and pepper. Garnish with parsley.

**Mushroom Omelet:** Saute 1 cup of fresh or canned mushrooms in butter. Season with salt, pepper and bit of mace.

**Ham Omelet:** When the omelet is cooked one-half the required time, sprinkle minced ham or dried beef over the omelet. Continue cooking. Fold and serve.

**Chicken Liver Omelet.** Chop chicken livers. Saute in butter. Season with salt, pepper and Worcestershire. Pour over the omelet just before serving.

**Cheese Omelet:** Just before folding the omelet, sprinkle with  $\frac{1}{2}$  cup of grated cheese.

**Parsley Omelet:** Add 2 tbsp. minced parsley when folding in egg whites.

**Shrimp Omelet:** Serve sauted shrimps around the omelet and garnish with lemon and watercress.

## Delicious Scrambled Eggs

**SERVES 6 SKILLET TIME 5 to 8 MIN.**

1. Heat in skillet .....  $\frac{3}{4}$  **cup top milk**
2. Add ..... 4 **tbsp. butter**
3. Cook on high heat.
4. Beat with a fork ..... 6 **eggs**
5. Add .....  $\left\{ \begin{array}{l} 1 \text{ tsp. salt} \\ \frac{1}{8} \text{ tsp. pepper} \end{array} \right.$
6. Turn eggs into pan with scalded milk.
7. Cook, stirring frequently until set on low heat.
8. Garnish with paprika.

## Scrambled Egg Variation

**Savory Scrambled Eggs.** Add  $\frac{1}{2}$  tsp. onion juice, 2 tbsp. Worcestershire sauce and 2 tbsp. minced green peppers the last minute. May add odds and ends of cooked meat or vegetable.

## Steamed Eggs

**SAUCEPAN TIME 3 to 25 MIN.**

1. Place in saucepan desired number of ... **Eggs**
2. Add .....  $\frac{1}{2}$  **cup water**
3. Cook on high heat until steaming (3 to 5 min.). Turn heat off and steam eggs without removing cover (3-5 min.).

**Hard Cooked Eggs.** Steam 25 min.

**NOTE:** If eggs are taken from the electric refrigerator, allow 3 to 5 minutes longer cooking period.

## Eggs a la Goldenrod

**SERVES 6 SAUCEPAN TIME 15 to 20 MIN.**

1. Separate yolks from whites of ..... 2 **hard-cooked eggs**
2. Chop whites very fine.
3. Add to .....  $\left\{ \begin{array}{l} 2 \text{ cups thin white sauce} \\ \text{Salt and pepper} \\ \text{Paprika} \end{array} \right.$
4. Arrange on platter ... 6 **slices toast**
5. Pour over ..... **White sauce mixture**
6. Press through sieve ... **Egg yolks**
7. Scatter over top, cut into triangles ..... 2 **slices of toast—per serving**
8. Arrange on platter and garnish with ... **Parsley**

## Deviled Eggs

1. Cut in half lengthwise ..... 6 **hard-cooked eggs**
2. Mash ..... **Egg yolks**
3. Add .....  $\left\{ \begin{array}{l} 1 \text{ tsp. vinegar} \\ 2 \text{ tbsp. mayonnaise} \\ \frac{1}{2} \text{ tsp. mustard} \\ 1 \text{ tbsp. pickle relish} \\ \text{Salt and pepper} \end{array} \right.$
4. Mix well.
5. Refill egg whites.
6. Chill, when ready to serve garnish with parsley and paprika.

# Cheese and Egg Dishes

## Shirred Eggs

EGG DISHES TEMP. 400° TIME 20 to 25 MIN.

1. Butter egg dishes.
2. Add.....1 tsp. milk
3. Carefully pour egg into dishes.
4. Add..... { ½ tsp. butter  
Salt and paprika
5. Sprinkle with.....Bread crumbs
6. Bake.

### Variations

**Shirred Eggs with Cheese.** Sprinkle with grated cheese and bake.

**Shirred Eggs with Mushrooms.** Arrange 1 tbs. sautéed mushrooms on top of each egg.

**Shirred Eggs with Deviled Ham.** Place 1 tbs. deviled or minced ham in bottom of cup. Carefully add the egg and bake.

## Cheese Strata

OBLONG BAKING DISH

SERVES 6 TEMP. 325° TIME 1 to 1¼ HRS.

1. Trim crust from.....12 slices of bread
2. Arrange 6 slices in bottom of buttered baking dish.
3. Slice.....¼ lb. American cheese
4. Place on bread, cover with remaining bread.
5. Beat slightly.....4 eggs
6. Add..... { 2⅔ cups milk  
⅔ tsp. salt  
⅛ tsp. pepper
7. Pour over bread.
8. Chill thoroughly in refrigerator to make the "strata" puff like a soufflé.
9. Bake and serve at once.

## Cheese and Noodles

SERVES 6 CASSEROLE TEMP. 375° TIME 30 MIN.

1. Butter a casserole and alternate layers of.....3 cups cooked noodles
2. Combine..... { 1 cup grated cheese  
1 cup tomato juice  
2 tbs. grated onion  
1 tbs. parsley  
Salt and pepper
3. Pour over noodles and sprinkle with....Grated cheese
4. Bake.

## Welsh Rarebit

SERVES 6 SKILLET TIME 8 to 10 MIN.

1. Melt in skillet.....2 tbs. butter
2. Add.....2 tbs. flour
3. Blend well.
4. Turn to low heat.
5. Beat.....2 eggs
6. Add..... { 1 cup milk or beer  
2 cups cheese, cut in cubes
7. Add to first mixture, continue cooking, stirring until cheese melts and mixture thickens (8 to 10 min.).
8. Add..... { ½ tsp. dry mustard  
1 tbs. Worcestershire sauce  
⅛ tsp. cayenne
9. Mix thoroughly.
10. Serve on crisp.....Melba toast or crackers

## Macaroni and Cheese

SERVES 6 TEMPERATURE 375° TIME 45 MIN.

1. Steam.....4 cups cooked macaroni
2. Beat.....2 eggs
3. Add..... { 2 cups milk  
1 tbs. grated onion  
¼ tsp. pepper  
½ tsp. salt  
¼ lb. grated snappy cheese
4. Combine with.....Macaroni  
Pour into buttered casserole.
5. Cover with.....½ cup buttered bread crumbs
6. Bake.

## Cheese Soufflé

SERVES 6 CASSEROLE TEMP. 325° TIME 1-1¼ HRS.

1. Make a white sauce { 1 cup milk  
3 tbs. butter  
3 tbs. flour  
½ tsp. salt
2. Add..... { 3 egg yolks  
1 cup grated cheese
3. Cook until cheese melts. Cool slightly.
4. Beat stiff.....3 egg whites
5. Fold into cheese mixture and pour into buttered casserole.
6. Bake.
7. Serve with.....Tomato sauce
8. Garnish with.....Watercress



# Vegetable Cookery

## General Directions for Cooking All Green Vegetables

All fresh vegetables or fruits may be cooked by this method. Strong flavored vegetables (onions, cauliflower, etc.) are cooked the same method:

1. Select fresh vegetable, peel or scrape vegetable and cut into uniform pieces.
2. Place in saucepan, add  $\frac{1}{2}$  to  $\frac{2}{3}$  cups of water, salt to season. Cover.
3. Cook on high heat until food steams (8 to 10 minutes). Then turn to low for 25 minutes. **Do not** remove cover during the last 25 minutes unless otherwise specified.
4. Total time of cooking 20 to 45 minutes—time depends upon the vegetable or fruit being cooked.
5. Serve with butter sauce, cream sauce, or parsley butter.

## Dried Vegetables

1. Wash vegetable thoroughly and place in saucepan.
2. Add 4 to 5 cups of water to each pound of vegetable, add salt and seasoning as desired. Cover.
3. Cook on low heat 2 to 3 hours.

## Butter Steamed Vegetables

Vegetables such as asparagus, Brussels sprouts, carrots, slivered beets, peas, potatoes diced may be cooked by adding 2 tbsp. butter and 4 tbsp. water to vegetables. Cover, cook on medium heat from 25 to 45 minutes.

## Escalloped Tomatoes

SERVES 6 CASSEROLE TEMP. 400° TIME 20 to 30 MIN.

1. To..... 3 cups tomatoes
 

Add.....	{	$\frac{1}{2}$ green pepper— shredded 1 tsp. salt $\frac{1}{4}$ tsp. pepper 1 tsp. sugar $1\frac{1}{2}$ tsp. grated onion
----------	---	-----------------------------------------------------------------------------------------------------------------------------------------
2. Place layer of bread crumbs in bottom of greased baking dish.
3. Add half the tomatoes, some bits of butter, more crumbs, and remaining tomatoes.
4. Sprinkle top thickly with crumbs and dot with butter using...
 

{	3 tbsp. butter 2 cups bread crumbs
---	------------------------------------------
5. Bake uncovered until tomatoes are heated through and crumbs are brown.

## Steamed Green Asparagus with Egg

SERVES 6

SAUCEPAN

TIME 25 MIN.

1. Wash and trim off tough ends of..... 2 lbs. asparagus
2. Cut in 4 to 5 inch lengths and tie with thread (this makes it possible to remove easily).
3. Place in center of pan.
4. Wash thoroughly and place on either side of asparagus.... 4 eggs
5. Add..... {  $\frac{1}{2}$  cup water  
Salt
6. Cover. Cook on high heat until steaming. Turn heat low and steam without removing, cover 15-20 min.
7. Garnish with..... { Hard-cooked egg,  
lemon butter,  
anchovy sauce

## Sweet Potatoes and Corn

1. Wash..... 4 medium sweet potatoes
2. Add.....  $\frac{1}{2}$  cup water
3. Cook on high heat until steaming, then turn low, cook until tender—about 30 minutes. Drain and peel potatoes.
4. Melt in skillet..... 4 tbsp. butter
5. Add..... { Diced potatoes  
1 cup kernel corn  
1 tbsp. chopped pimento
6. Cook on medium heat about 10 minutes.

## Egg Plant and Mushrooms

1. Peel and dice..... 1 medium egg plant
2. Melt in skillet.....  $\frac{1}{2}$  cup butter
3. Add egg plant and cover.
4. Cook on high heat until steaming, then to low for 10 minutes.
5. Remove cover and add..... 1 cup sliced mushrooms
6. Cover and steam 10 minutes longer.







# Vegetable Cookery

## Vegetables Suitable for Oven Cooking

Potatoes	Onions
Carrots	Beans
Turnips	Lima beans
Parsnips	Squash
Corn cut from cob	Tomatoes

1. Prepare vegetable, cutting into uniform pieces.
2. Place in utensil, add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of water, add salt and butter. Cover.
3. Cook in the oven—time 1 to 3 hours—temperature 325° to 400°.
4. The lower the temperature the longer the cooking time.

NOTE: Green peas, asparagus, cauliflower, cabbage, etc., are best cooked on the surface unit for a short time.

## Oven Steamed Vegetables

Vegetables may be steamed in the oven at the same time the meat and dessert is cooked. They will require from 1 to 3 hours cooking time and should be cooked in a covered utensil.

## Baked Potatoes

TEMP. 350° to 425°      TIME 1 to 3 HRS.

1. Wash and scrub thoroughly..... **Medium sized potatoes**
2. Rub lightly with fat.  
(If baking with oven dinner use 350° for longer time.)
3. Cut a cross in center, break open.
4. Add..... **Butter, paprika**

## Stuffed Baked Potatoes

SERVES 6      TEMPERATURE 400°      TIME 10 MIN.

1. Bake..... **6 potatoes**
2. Slice off tops lengthwise, remove potato pulp with spoon.
3. Add..... **2 tbsp. butter  
4 tbsp. hot milk  
Salt and pepper**
4. Beat until fluffy. Pile into potato shells.
5. Sprinkle with..... **Grated cheese,  
minced parsley**
6. Place under broiler until golden brown.
7. Potatoes can be prepared in advance and stand in refrigerator until ready to broil.

## Escalloped Potatoes

SERVES 6      CASSEROLE      TEMP. 350°      TIME 1½-2 HRS.

1. Pare and slice..... **6 to 8 potatoes**
2. Arrange layer in bottom of dish. Dot with butter and sprinkle with flour, salt and pepper. Repeat until dish is  $\frac{3}{4}$  full—using **3 tbsp. flour  
6 tbsp. butter  
Salt and pepper**
3. Pour over potatoes.... **1 pt. milk**
4. Dot with..... **Butter**
5. Cover and bake. Remove cover the last 30 mins.
6. Garnish with..... **Paprika**

## Corn Pudding

SERVES 6      CASSEROLE      TEMP. 325°      TIME 1 HR.

1. Beat slightly..... **3 eggs**
2. Add..... **2 cups milk  
2 tbsp. sugar  
1 tsp. salt**
3. Combine..... **2 cups corn (cream style)**  
  
**2 tbsp. butter  
1 tbsp. minced onion  
¼ cup minced green pepper  
1 minced pimento**
4. Add to milk mixture. Mix well.
5. Turn into buttered casserole and bake.

## Vegetable Souffle

CASSEROLE  
SERVES 6      TEMP. 375°      TIME 45 MIN. to 1 HR.

1. Combine..... **2 cups cooked vegetables (chopped),  
(corn, carrots, beans, greens, or cabbage)**
- With..... **1 cup thick white sauce**
2. Add..... **3 egg yolks  
4 tbsp. butter  
Salt and pepper  
⅛ tsp. nutmeg**
3. Beat until stiff..... **3 egg whites**
4. Fold into vegetable mixture.
5. Turn into buttered casserole and
6. Sprinkle with..... **Buttered crumbs**
7. Bake and serve immediately.

# Cereal Cookery

## Oven Cooked Cereal

**CASSEROLE**  
**SERVES 6**      **TEMP. 300° to 375°**      **TIME 1-2 HRS.**

1. Place in baking dish..... 1 cup cereal
2. Add..... { ¼ tsp. salt  
2 to 3 cups water
3. Cover. Place in oven, set automatic timer for 1 to 2 hrs.
4. Turn switch to BAKE, and cook required time.

NOTE: Cereal may be placed in oven with coffee cake and water for the coffee (temperature 375° for 1 hr.) the night before and at the desired time your breakfast will be cooked to perfection.

## Steamed Breakfast Cereal

**SERVES 6**      **SAUCEPAN**      **TIME 30 MIN. to 1 HR.**

1. Place in saucepan. { 1 cup cereal (oatmeal, rolled oats, Ralston, Wheatena, hominy, grits, etc.)
2. Add..... { 1 tsp. salt  
3 to 4 cups boiling water
3. Cover.
4. Cook on low heat. Time of cooking varies according to cereal cooked and individual taste.

## Steamed Fluffy Rice

**SERVES 6**      **SAUCEPAN**      **TIME 25-30 MIN.**

1. Wash thoroughly.... 1 cup rice
2. Place in saucepan, { 2 cups cold water  
add..... { 1 tsp. salt  
1 tsp. butter
3. Cover. Cook on high heat until steaming (8 to 10 min.).
4. As soon as rice is steaming, stir with a fork, cover and turn to low heat. Steam without removing cover for 20-25 minutes.

## Raw Rice Pudding

**SERVES 8**      **CASSEROLE**      **TEMP. 350°**      **TIME 3 HRS.**

1. Wash thoroughly.... ½ cup uncooked rice
2. Add..... { ½ cup sugar  
½ cup raisins  
Rind of 1 lemon  
1 qt. milk  
1 tsp. salt
3. Bake in well greased casserole uncovered.

## Rice Variations

**Creamy Rice Pudding with Dates:** Use two cups of cold milk in place of water, add ¼ cup sugar, ½ tsp. salt, 1 tbsp. butter, ½ tsp. vanilla. Cook the same as fluffy rice. Serve garnished with dates, dash of nutmeg and cream.

**Tomato Rice:** Use 2 cups of cold tomato juice, add 2 tbsp. of grated onion, 2 tbsp. butter and 1 tsp. of Worcestershire sauce. Brown the onion and butter together, if desired. Serve garnished with minced parsley.

**Rice with Giblets:** Cook giblets (cut up) in 4 cups water, add one onion cut fine, 2 tsp. butter and 1 tbsp. minced parsley. After 1 hour add 1 cup of washed rice. Continue to cook 30 to 45 minutes.

**Savory Pimento Rice:** Use 2 cups of chicken broth, add 1 pimento cut fine, ½ lb. fresh mushrooms, saute 5 minutes in butter, salt and pepper to season. When ready to serve garnish top with thinly sliced chicken and toasted almonds.

**Rice Cooked in Milk:** Use milk in place of water and serve as a breakfast cereal.

## Steamed Macaroni, Spaghetti or Noodles

**SERVES 6**      **SAUCEPAN**      **TIME 20 to 30 MIN.**

1. Break cereal into 2 inch pieces, wash thoroughly and place in saucepan { ½ box cereal
2. Add..... { 2 to 3 cups water or milk  
1 tsp. salt  
Bud of garlic, if desired
3. Cover. Cook on high heat 8-10 min. When steaming turn to low heat and stir with fork. Cover and steam without removing cover, 30 min.

NOTE: To cook spaghetti in long pieces use 6 cups of water and stick the ends into the boiling water, gradually curl the spaghetti into the pan, using a long fork. Cover and steam 5 minutes, drain off most of the water and steam 20 minutes on low heat.



# Deep Fat Frying

## Foundation Recipe for Fritters

Yield 6 Fritters  
DEEP FAT FRYER TEMP. 380° TIME 3 to 5 MIN.

1. Beat together . . . . . { 2 eggs  
                                       $\frac{3}{4}$  cup milk  
                                      1 tsp. salt  
                                      1 tsp. melted butter
  2. Sift together . . . . . { 1 cup flour  
                                      1 tsp. baking powder
  3. Add to first mixture and mix thoroughly.
  4. Add variations desired and fry 3-5 minutes.
- NOTE: This batter may be stored in refrigerator in covered bowl and used as desired.

## Spanish Cream Puffs

Yield, 6 Med. Sized Puffs  
DEEP FAT FRYER TEMP. 400° TIME 10 MIN.

1. Put in a saucepan . . . . . 4 tbsp. butter
  2. Add . . . . . 1 cup water
  3. Gradually add . . . . . { 1 cup 3 tbsp. flour  
                                       $\frac{1}{4}$  tsp. salt
  4. Place on Range on high heat.
  5. Stir until mixture leaves sides of pan.
  6. Remove pan from range and cool 10 minutes.
  7. Put into mixer bowl and add, one at a time . . . . . 3 eggs
  8. Beat.
  9. Put in Deep Fat Fryer . . . . . 2 to 3 lbs. vegetable fat
  10. Heat to 400°. Turn to low heat. Drop a tablespoon of above mixture into fat. Fry for 10 minutes.
- NOTE: They turn themselves. Fry until triple in size and golden brown. Place on absorbent paper to dry. Fill with Spanish Cream Puff Filling.

### Filling for Spanish Cream Puffs

1. Whip . . . . . 1 cup whipping cream
2. Add . . . . . { 5 tbsp. sugar  
                                      1 tsp. vanilla

### Variation

Spanish Puffs may be filled with ice cream and placed in the Super Freezer for 1 hour.

## Doughnuts

Yield, 24 Med. Sized Doughnuts  
DEEP FAT FRYER TEMPERATURE 380°

1. Beat together . . . . . { 1 Egg  
                                       $\frac{3}{4}$  cup sugar  
                                       $\frac{3}{4}$  cup milk  
                                      2 tbsp. melted shortening
2. Sift together . . . . . { 3 cups flour  
                                      3 tsp. baking powder  
                                       $\frac{1}{2}$  tsp. cinnamon  
                                       $\frac{1}{4}$  tsp. nutmeg
3. Add to first mixture. If batter is too soft to handle, add more flour. Chill dough thoroughly, turn out on floured board, roll  $\frac{1}{4}$  inch thick. Cut with doughnut cutter and fry about 4 to 5 min.
4. Drain on paper and roll in sugar.

## French Toast

Yield, 6 Slices DEEP FAT FRYER TEMP. 380°

1. Beat together . . . . . { 2 eggs  
                                       $\frac{1}{4}$  cup milk  
                                       $\frac{1}{4}$  tsp. salt  
                                      1 tbsp. sugar
2. Slice and trim . . . . . 6 slices bread
3. Dip bread in egg mixture, fry until brown. Serve hot with powdered sugar, jelly, marmalade or syrup.

## French Fried Onions

1. Peel and cut onions in  $\frac{1}{4}$  inch slices and separate into circles.
2. Salt and pepper—soak in milk to cover and drain, then dip into flour or bread crumbs.
3. Fry in hot fat (390°) until a golden brown.
4. Shake onto a sheet of paper to absorb any fat.

## French Fried Potatoes

1. Wash and pare potatoes (Sweet or Irish) cut into length  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick, dry thoroughly.
2. Cook in warm fat (325°) until tender but not brown. Remove from fat, spread on paper and allow to cool.
3. Reheat fat to 390°, add cooled potatoes and cook until a golden brown.
4. Shake onto a sheet of paper to absorb any fat. Sprinkle with salt and serve hot.

# Gravies and Sauces

## Basic White Sauce

	Butter	Flour	Salt	Milk
Thin.....	1 tbsp.	1 tbsp.	½ tsp.	1 cup
Medium....	2 tbsp.	2 tbsp.	½ tsp.	1 cup
Thick.....	4 tbsp.	4 tbsp.	½ tsp.	1 cup

1. Place the saucepan on the range, add the butter.
2. Turn to high heat. As the butter melts, gradually add the flour.
3. When well mixed, add the milk and salt.
4. Cook, stirring until it begins to thicken. Turn to low heat and continue to cook, until thickened, stirring constantly.

### White Sauce Variations

1. **Lobster or Shrimp:** Add to the basic recipe for medium sauce, the juice of ½ lemon, 1 tsp. Worcestershire sauce, 1 cup minced shrimp or lobster.
2. **Parsley Sauce:** To the basic recipe for medium white sauce add 2 tbsp. minced parsley.
3. **Cheese Sauce:** To the basic recipe for medium white sauce add ½ cup grated cheese, ½ tsp. Worcestershire sauce and 1 tsp. of lemon juice.
4. **Horseradish Sauce:** To the basic medium white sauce add 1 tsp. minced onion, 1 tsp. minced parsley, ¼ cup grated horseradish and 2 tsp. vinegar.

## Hollandaise Sauce

SERVES 4 SAUCEPAN TIME 8 to 10 MIN.

1. Melt on low heat. .... ½ cup butter (wash butter in cold water)
2. Add. .... { Juice of ½ lemon  
3 egg yolks
3. Beat constantly with rotary egg beater until mixture begins to thicken.
4. Add. .... ½ cup boiling water
5. Continue beating until thick, season with cayenne pepper. Serve immediately.

## Lemon Anchovy Sauce

MIXING BOWL TIME 2 to 3 MIN.

1. Cream together ... { ¼ cup butter and  
1 tsp. lemon juice
2. Add. .... 1½ tbsp. anchovy paste
3. Serve on fish or green vegetables.

## Barbecue Sauce

SKILLET

SERVES 12

1. Place in skillet. .... { 1 medium size bot-  
tle chili sauce  
1 medium size  
bottle catsup  
½ bottle Worcester-  
shire sauce  
½ bottle A-1 sauce  
Juice 1 lemon  
1 onion chopped  
1 tsp. salt  
1 tsp. pepper  
Cayenne pepper  
Paprika  
1 Bud Garlic
2. Let cook on low heat ½ hour.
3. Remove and use to baste spareribs, chicken, turkey or as a regular meat sauce.

## Basic Brown Sauce

SAUCEPAN

TIME 8 to 10 MIN.

1. Melt in saucepan. .... 3 tbsp. butter
2. Add. .... 5 tbsp. flour
3. Stir until flour browns.
4. Add gradually. .... { 1½ cup stock or water  
Salt and pepper
5. Cook on low heat 15 min.

### Basic Brown Sauce Variations

1. **Mushroom Sauce for Meats:** Add ½ lb. sauted mushrooms to the basic recipe.
2. **Currant Jelly Sauce:** To the basic recipe for brown sauce, add ⅓ cup of currant jelly and 1 tsp. lemon juice. Heat until jelly melts.

## Giblet Gravy

SKILLET

TIME 10-12 MIN.

1. Put in skillet about. .... 1 cup turkey or chicken drippings
2. Add. .... ½ cup flour
3. Stir constantly on high heat.
4. Add gradually. .... { 3 cups liquid (water or stock)
5. Add. .... { Chopped liver and gizzards  
2 hard boiled eggs  
1 tbsp. meat sauce  
Salt and pepper

Cook on low heat until thick about 10 min.



# One Dish Meals

## Italian Meat Balls and Spaghetti

SERVES 8 SKILLET TIME 1 HR.

1. Season..... {  $\frac{1}{2}$  lb. ground beef  
 $\frac{1}{2}$  lb. ground veal  
 $\frac{1}{2}$  cup bread crumbs soaked in  
 $\frac{1}{2}$  cup hot milk  
Salt and pepper to taste
2. Add..... { 1 tbsp. grated Parmesan cheese  
1 tsp. grated onion  
1 clove garlic
3. Form into small meat balls.
4. In skillet melt.....  $\frac{1}{4}$  cup butter  
Brown meat balls in butter.
5. Add..... { 1 onion cut fine  
1 green pepper sliced  
1 cup celery chopped  
Cook on high heat for 5 min.
6. Add..... { 3 cups tomatoes  
2 tbsp. Worcestershire sauce
7. Over the top place...  $\frac{1}{2}$  box fine uncooked spaghetti
8. Use a fork to immerse spaghetti in liquid. Place lid on skillet. Bring to steaming point, turn to low heat and finish cooking.
9. Turn out on large platter. Sprinkle with Parmesan cheese and serve.

## Carrot Rolls

SERVES 6 SKILLET TIME 1-1 $\frac{1}{4}$  HRS.

1. Cut into strips of a length to wrap around a whole carrot once...  $1\frac{1}{2}$  lbs. round steak
2. Season with..... Salt and pepper
3. Roll in..... Flour
4. Wrap strip of steak on... 1 small tender carrot
5. Skewer steak together with toothpicks.
6. Put in skillet..... 2 tbsp. shortening
7. When hot, add..... Carrot rolls
8. Brown on one side, turn.
9. Add..... 1 small can mushrooms with liquid
10. Add..... 6 potatoes, peeled  
Cover skillet and turn to high heat until steaming freely, then turn to low heat until done.

## Chicken-Spanish Style

SERVES 8 SKILLET TIME 1-1 $\frac{1}{4}$  HRS.

1. Roll in flour and seasoning..... 2 chickens quartered for frying
2. Brown in skillet in... Shortening  
4 med. tomatoes, quartered
3. Add..... { 5 med. potatoes, quartered  
2 cups fresh peas  
8 small onions
4. Cook on high heat, and when steaming freely, turn to low heat for 1 hr. or until cooked.

## Macaroni and Liver

SERVES 8 SKILLET TIME 1 HR.

1. Melt in frying pan...  $\frac{3}{4}$  tbsp. fat
2. Add and brown... { 1 lb. white onions peeled and sliced  
1 green pepper diced
3. Add and brown lightly..... 1 lb. beef liver cut in small pieces
4. Add..... { 3 cups tomato juice  
1 cup tomato catsup  
 $\frac{1}{2}$  tsp. salt  
Dash pepper
5. Sprinkle over top... 2 cups uncooked macaroni
6. Cover pan tightly. Leave on high heat until steam appears.
7. Turn to low heat for 30 min. Do not remove cover once switch has been turned down.
8. Cook until macaroni is done.
9. Sprinkle over top with Parmesan cheese.

## Southern Gumbo

SERVES 8 SKILLET TIME 1 HR.

1. Place in large skillet...  $\frac{1}{4}$  cup bacon dripping
2. Add..... 1 large onion sliced
3. Fry until brown.
4. Add..... { 6 tomatoes  
1 quart cut okra  
1 cup boiling water  
Salt and pepper
5. Turn to high heat and when steaming cook on low heat 40 to 45 minutes.
6. Serve with steamed rice. Mushrooms may be added to this if desired.

NOTE: If canned Okra is used, drain liquid from Okra, and use only  $\frac{1}{4}$  cup of boiling water.

# One Dish Meals

## Veal Birds

- SERVES 6 SKILLET TIME 1-1¼ HRS.**
1. Cut..... 2 lbs. veal steak in-  
to 4" cubes
  2. Grind..... { Trimming from veal  
steak  
¼ lb. salt pork  
1½ cups brown bread  
crumbs  
1 tsp. salt  
⅛ tsp. pepper
  3. Add and mix well.. { 1 egg, beaten  
2 tbsp. mayonnaise  
Dash of cayenne  
1 tsp. Worcester-  
shire sauce
  4. Spread on each piece of veal and fasten  
with skewers or toothpicks.
  5. Sprinkle with salt. Dredge with flour and  
brown in fat.
  6. Add ¾ cup broth or hot water and simmer  
one hour in covered skillet.

## Veal Supreme

- SERVES 6 SKILLET TIME 40 MIN.**
1. Cut in cubes..... 2 lbs. veal
  2. Dredge with..... ½ cup flour
  3. Brown in skillet with... ¼ cup butter
  4. Season with..... { 1 tsp. salt  
½ tsp. pepper  
1 tbsp. paprika  
1 onion chopped  
1 bud garlic
  5. Add..... { 1 lb. fresh  
mushrooms  
½ cup sherry wine  
2 cups cream
  6. Cook on high heat until steaming. Turn to  
low heat for 40 minutes.

## Lamb Riblets with Vegetables

- SERVES 6 SKILLET TIME 1 HR. 15 MIN.**
1. Cut into servings  
(riplets)..... 3 lbs. breast of lamb
  2. Season with..... Salt and pepper
  3. Brown in skillet with... 4 tbsp. shortening
  4. Add..... { ¼ cup vinegar  
¼ cup water
  5. Place on top of meat { 1 can string beans  
8 small onions  
8 small carrots
  6. Cook on high heat and when steaming freely,  
turn to low heat for 60 minutes.

## Economy Dish

- SERVES 8 to 10 SKILLET TIME 60 MIN.**
1. Put in a skillet..... 4 tbsp. fat
  2. Add and brown... { 1½ lb. ground beef  
½ lb. ground pork  
½ green pepper,  
chopped  
½ large onion,  
chopped
  3. Add..... { 1 cup diced carrots  
½ cup diced celery  
½ lb. broad noodles  
1 can corn and juice  
4 oz. can mush-  
rooms and liquid  
1 can tomato soup  
¼ tsp. Worcester-  
shire sauce
  4. Season with..... Salt and pepper
  5. Cover tightly—Cook on high heat.
  6. When steaming, turn to low heat for 45  
minutes.
  7. This may be placed in a casserole after cook-  
ing and covered with 2 cups buttered bread  
crumbs and slipped under broiler until golden  
brown.

## Pork Chops with Sweet Potatoes and Pineapple

- SERVES 6 SKILLET TIME 1 HR.**
1. Place in a skillet..... 4 tbsp. shortening
  2. Add and brown..... 6 thick pork chops
  3. Season with..... Salt
  4. Peel..... 3 large sweet  
potatoes
  5. Cut in half and rub  
with..... Lemon juice
  6. Place potatoes over meat.
  7. Add..... 6 slices pineapple
  8. Wash and remove  
pits from..... 12 large prunes
  9. Insert in prunes..... 12 cloves
  10. Add prunes and  
pour over..... 1 cup pineapple  
juice
  11. Cover—Cook on high heat, when steaming  
turn to low heat for 45 minutes.



# Thrift Cooker

## Baked Beans with Cottage Ham

SERVES 10    THRIFT COOKER    TIME 8 to 10 HRS.

1. Wash and drain . . . . 2 lbs. dried white navy beans
2. Place beans in Thrift Cooker kettle in insulated well, and
3. Add. . . . . {  $\frac{1}{3}$  cup molasses  
 $\frac{1}{3}$  cup brown sugar  
1 large onion  
6 cups water  
2 tsp. salt  
3 slices salt pork  
1 tsp. mustard
4. Over the beans place cooker trivet and on trivet place. . . . . 1 cottage ham
5. Place cover on cooker and turn switch to low position and cook 6 to 8 hrs. If a brown crust is desired on top of beans, remove from kettle to baking dish and place in oven  $\frac{1}{2}$  hr.

## New England Dinner

SERVES 6    THRIFT COOKER    TIME 3 HRS.

1. Wash and soak for 1 hr. . . . . 4 lbs. corned beef
  2. Cover with water. Drain off the water and place corned beef on rack in cooker kettle.
  3. Add. . . . . { 1 cup water  
1 onion  
2 bay leaves
  4. Turn switch to first position until steaming, turn to low and cook 2 hrs.
  5. Place around meat. { 6 medium unpeeled beets  
6 carrots  
6 potatoes  
Season with salt
  6. Place on top. . . . . 1 head green cabbage quartered
  7. Turn switch to first position until steaming then to low and cook 35 min.
  8. Arrange corned beef and cabbage on platter, garnish with. . . . Parsley and tomato flowers
- Serve other vegetables with. . . . . Butter

## Chili Con Carne

SERVES 8    THRIFT COOKER    TIME 6 HRS.

1. Melt in Thrift Cooker kettle. . . . .  $\frac{1}{4}$  cup suet
2. Add. . . . . 1 lb. ground beef and brown thoroughly
3. Add. . . . . { 1 large onion sliced  
1 bud garlic  
1 green pepper sliced  
4 cups tomatoes  
Salt and pepper  
2 tbsp. Chili powder
4. Add. . . . . 1 lb. Mexican or Red kidney beans that have been washed and soaked about 4 hrs.
5. Turn Thrift Cooker switch to low position and cook 6 hrs.
6. Serve with fluffy rice.

## Russian Sauerkraut

SERVES 10    THRIFT COOKER    TIME 1 $\frac{1}{2}$  HRS.

1. Cut in cubes. . . . . { 1 lb. veal  
1 lb. pork
2. Brown in Thrift Cooker with. . . . . 2 tbsp. fat  
Switch on first position. . . . . Season
3. Add, chopped. . . . { 4 onions (medium size)  
3 green peppers  
4 fresh tomatoes, peeled
4. Add. . . . . {  $1\frac{1}{2}$  lbs. sauerkraut  
1 pint thick sour cream
5. When steaming freely, turn switch to low.

## Lamb Shanks with Vegetables

SERVES 6    THRIFT COOKER    TIME 1 $\frac{1}{2}$  HRS.

1. Cut into servings. . . . 4 lamb shanks
2. Season with. . . . . Salt and pepper
3. Brown in. . . . . 4 tbsp. fat  
Place in Thrift Cooker with switch in first position.
4. Place over these. . . { 4 peeled potatoes  
6 peeled carrots
5. Place rack over this and in the pudding pan, put. . . . . { 1 lb. fresh peas  
4 tbsp. butter
6. And place on rack.
7. When steaming freely, turn switch to low and steam.

# Poultry

## Roast Chicken

SHALLOW PAN TEMP. 325° TIME 30 to 35 MIN. PER LB.

1. Prepare for roasting... 4 to 5 lb. roasting chicken
2. Rub inside and out with..... Salt
3. Stuff with..... Dressing
4. Fasten securely and brush with..... Melted butter
5. Bake.

## Onion-Celery Dressing

1. Mix.....
  - 6 cups toasted bread crumbs
  - ½ cup minced onion
  - 1 tsp. poultry seasoning
  - 1 cup minced celery
  - Salt and pepper to taste
  - ⅓ cup melted butter
2. Moisten with..... Hot broth or water

## Roast Duck with Apple Stuffing

SHALLOW PAN TEMP. 325° TIME 30 MIN. PER LB.

1. Prepare for roasting... 4 to 5 lb. duck
2. Rub inside and out with..... Salt
3. Mix together.....
  - 3 cups whole wheat bread crumbs
  - 1 tbsp. onion
  - 3 cups apples diced
  - 1 tsp. poultry seasoning
4. Moisten with..... Hot water
5. Brush inside and out with..... Melted butter
6. Bake.

## Savory Dressing

1. Roll into crumbs..... 8 to 10 cups stale bread
2. Add.....
  - ½ tsp. thyme
  - 1 tsp. poultry seasoning
  - ½ cup minced onion
  - 1 cup celery cut fine
  - ½ cup melted butter
  - 2 eggs, beaten
3. Moisten with..... 1 cup broth

## Roast Turkey

SHALLOW PAN TEMP. 300° to 325° TIME 15 to 18 MIN. PER LB.

1. Prepare for roasting... 12 to 15 lb. young turkey
2. Cook for broth..... Liver, gizzard, neck in 1 cup water
3. Stuff and fasten securely.
4. Brush with..... Melted butter
5. Season with..... Salt and pepper
6. Bake.

## Roast Goose Potato Stuffing

SHALLOW PAN TEMP. 325° TIME 20 to 25 MIN. PER LB.

1. Prepare for roasting... Goose
2. Rub inside and out with..... Salt
3. Mix.....
  - 4 cups mashed potatoes
  - 3 cups toasted bread crumbs
4. Season with..... Salt
5. Add.....
  - ½ cup onion
  - 1 tsp. poultry seasoning
  - ¼ cup melted butter
6. Stuff goose, and fasten securely.
7. Brush with..... Melted butter

## Roast Squab with Brown Rice Stuffing

SERVES 6 SHALLOW PAN TEMP. 425° for 10 Min. 325° for 1 Hr.

1. Put in pan..... ½ cup water
2. Add..... 1 tsp. salt
3. Chop and add..... 1 green pepper
4. Chop and add..... ¾ cup onion
5. Boil for five minutes—drain.
6. Add.....
  - 2 cups cooked brown rice
  - ¼ tsp. marjoram
  - 4 tbsp. minced parsley
7. Clean..... 6 squabs
8. Fill cavity and fasten securely.
9. Tie over breast..... Sliced bacon or pork
10. Brush with..... Melted butter
11. Bake.







# Meat Cookery

## Rib Roast of Beef

SHALLOW PAN TEMP. 350° TIME 22 to 35 MIN. PER LB.

1. Wipe with a damp cloth..... 2 to 4 lb. standing roast beef
2. Brush meat with..... Soft butter
3. Season..... Salt
4. Place in cold oven and bake.

## Roast Leg of Lamb

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... Leg of lamb
2. Peel and cut..... 1 clove garlic
3. Rub garlic over meat.
4. Make a paste of... { 4 tbsp. butter  
3 tbsp. flour  
Salt and pepper
5. Spread paste over meat.
6. Add..... ¼ cup water
7. Bake.

## Roast Veal

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... 4 lbs. veal roast
2. Cut four gashes on top and insert..... Sliced onion
3. Make a paste..... { 4 tbsp. butter  
2 tbsp. flour  
Salt and pepper
4. Place over top..... 4 slices salt pork, cut thin
5. Bake.

## Baked Ham

SHALLOW PAN TEMP. 325° TIME 15 to 18 MIN. PER LB.

1. Select..... 12 to 15 lb. ham
2. Place ham in shallow pan fat side down and bake 15 min. per lb.
3. Remove ham, skin, and score.
4. Insert in scored fat... Whole cloves
5. Mix and spread over ham { 2 tsp. dry mustard  
½ cup sugar  
½ tsp. cinnamon  
2 tbsp. vinegar
6. Return to oven. Set control at 400° and bake 15 min.

## Crown Roast of Lamb

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Have the butcher prepare..... Crown roast of lamb
2. Cut into cubes..... Salt pork
3. Place salt pork cubes on exposed bone.
4. Last hour of baking fill center with... { Mashed potatoes  
Seasoning  
Melted butter
5. Sprinkle over top.... Buttered bread crumbs
6. Continue to bake 1 hr.
7. To serve replace pork cubes with..... Paper frills
8. Garnish with..... { Currant jelly  
Garden peas

## Roast Loin of Pork

SHALLOW PAN TEMP. 350° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... Loin of pork
2. Mix..... { ½ tsp. dry mustard  
Pepper and salt  
2 tbsp. butter  
Thyme, if desired
3. Score meat and spread over seasoning.
4. Bake.

## Stuffed Shoulder of Veal or Pork

SERVES 8

SHALLOW PAN TEMP. 350° TIME 3½ HOURS

1. Have butcher remove bone from... 5 lbs. veal or pork shoulder
2. Melt in skillet..... 4 tbsp. butter
3. Add..... { 3 tbsp. chopped celery  
2 tbsp. grated onion
4. Cook several minutes.
5. Add..... { ¾ tsp. salt  
¼ tsp. pepper
6. Add..... 4 cups fine bread crumbs
7. Dissolve..... 1 bouillon cube
8. In..... ½ cup water
9. Pour bouillon over mixture. Fill meat pocket with dressing. Fasten meat together with skewers or sew together with cord. Bake in an open pan.



# Meats . . Dishes (oven)

## Stuffed Pork Chops

CASSEROLE OR THRIFT COOKER

SERVES 6 TEMP. 350° TIME 1 1/4 HRS.

1. Have butcher cut a pocket in. . . . . 6 rib pork chops  
1 1/2 inch thick
2. Break into pieces. . . . 1 1/2 cup whole wheat  
bread
3. Moisten with. . . . . 1/2 cup hot water
4. Add. . . . . { 2 tbsp. minced  
celery  
2 tbsp. minced  
onion  
Salt and pepper  
2 tbsp. butter
5. Fill pocket and fasten securely.
6. Mix together. . . . . { 1/4 cup flour  
1/2 tsp. mustard
7. Dip chops in flour mixture and brown in. . . . . Shortening
8. Arrange chops in a casserole or on rack of Thrift Cooker adding. . . . . 1 cup water
9. Cover and bake or steam. Veal or lamb may be used in place of pork.

## Braised Spareribs

SERVES 6 CASSEROLE TEMP. 350° TIME 2 HRS.

1. Place half of. . . . . 3 lbs. spareribs  
In bottom of uncovered casserole.
2. Cover with. . . . . 1 cup thinly sliced  
onion
3. Top with remaining spareribs.
4. Combine and pour over spareribs. . . . { 3/4 cup vinegar  
1 cup canned  
tomatoes  
1 1/2 tsp. salt  
1 tsp. pepper  
1 tsp. dry or  
prepared mustard  
2 tbsp. granulated  
sugar
5. Bake. . . . .

To glaze meat loaf—cook 1 cup Brown sugar, 1/2 cup water for 3 minutes, pour over meat loaf before baking.

To saute'd pork chops—last 5 minutes add 2 tbsp. Chili sauce and 1 tsp. Worcestershire sauce.

Add 1 bud garlic to meat pies to improve flavor.

## Garden Meat Loaf

SERVES 6 BREAD PAN TEMP. 375° TIME 1 1/4 HRS.

1. Mix. . . . . { 1 lb. ground beef  
1/2 lb. ground pork  
1/2 lb. ground veal  
2 tsp. salt  
1/2 tsp. pepper
2. Add. . . . . 1 cup bread crumbs
3. Brown. . . . . { 1/4 cup butter  
1/2 cup minced onion  
1/2 cup minced celery
4. Add to meat mixture.
5. Add and mix. . . . . { 1/2 cup milk  
1 egg beaten
6. Pack in a buttered pan or form into a loaf.
7. Arrange over loaf  
last 1/2 hr. of baking  
time. . . . . 3 tomatoes (cut  
in flowers)

## Swiss Steak with Onions

SERVES 6 CASSEROLE TEMP. 325° TIME 2 HRS.

1. Wipe with a damp cloth. . . . . 3 lbs. Swiss steak,  
2" thick
2. Sift together. . . . . { 3/4 cup flour  
1 tsp. mustard  
1 1/2 tsp. salt  
1/4 tsp. pepper
3. With a saucer or meat mallet, gradually beat the flour mixture into the steak until it is all absorbed.
4. Brown steak in. . . . . 1/3 cup shortening
5. Rinse pan with. . . . . 1 cup water  
and pour on steak.
6. Arrange on top of  
steak. . . . . 2 cups sliced onions
7. Cover.
8. Serve with border of. . . Mashed potatoes
9. Garnish with. . . . . Parsley

## Ham and Noodle Casserole

SERVES 6 CASSEROLE TEMP. 325° TIME 1 HR.

1. Put through a food  
chopper. . . . . { 1/2 lb. raw ham  
1/2 lb. American  
cheese
2. Cut finely. . . . . 1 green pepper
3. Add. . . . . { 6 oz. pkg. cooked  
noodles  
1 cup mushrooms  
1 cup tomato soup
4. Bake.

# Meats . . Dishes (oven)

## *Fricassee of Chicken*

CASSEROLE OR THRIFT COOKER

SERVES 6 TEMP. 350° TIME 1¼ HRS.

1. Prepare for cooking. . . 4 or 5 lb. chicken
2. Cut into pieces.
3. Season with . . . . . Salt and pepper
4. Dip chicken in . . . . . Top milk
5. Then dip in . . . . . Flour
6. Brown.
7. Arrange in casserole or Thrift Cooker kettle on rack.
8. Add . . . . . 1 cup broth
9. Cover and bake or steam.

### Variations

May use Veal, Lamb, Rabbit, etc.

## *Baked Pork Sausage Patties and Apples*

TEMP. 350° TIME 1 HR.

1. Form into thin patties. 2 lbs. pork sausage meat
2. Peel and slice. . . . . 6 large apples
3. Alternate sausage patties and apples in a casserole—have top layer patties.
4. Cover casserole for first ¾ hour.
5. Remove cover to brown meat.
6. Use 2-qt. casserole.

## *Meat Pie*

SERVES 6  
CASSEROLE TEMP. 350° TIME 1½ HRS.

1. Cut into cubes. . . . . 2 lbs. beef, lamb, or veal
2. Dip meat cubes in. . . 3 tbsp. flour
3. Brown in . . . . . ¼ cup shortening
4. Place meat in a casserole.
5. Add. . . . . 

{	2 onions diced
	2 carrots diced
	2 potatoes diced
	½ tsp. pepper
	1½ tsp. salt
	⅛ tsp. thyme
	1½ cups water
6. Cover and bake one hour.
7. Remove from oven and cover with. . . . . Flaky pastry or baking powder biscuits
8. Return to oven and bake ½ hr.

## *Royal Steak with Bermuda Onion*

SERVES 6 SHALLOW PAN TEMP. 350° TIME 1 HR.

1. Place in a pan. . . . . 2½ lbs. round steak cut 2" thick
2. Insert into meat. . . . . 1 clove garlic, sliced
3. Cover with . . . . . 1 bottle chili sauce
4. Season with . . . . . Salt and pepper
5. Slice in ¼" slices. . . . 1 Bermuda onion  
And place on top of meat.
6. Bake.

## *Spiced Ham with Apricot Flower*

SERVES 6  
SHALLOW PAN TEMP. 375° TIME 1¼ HRS.

1. Score fat on . . . . . 2-1-inch slices of ham
2. Insert around edge. . . 24 whole cloves
3. Drain. . . . . 1 No. 2½ can spiced apricots
4. Cut apricots in half and remove pits.
5. Place one slice of ham in a shallow pan, cover with apricot halves, reserving seven halves.
6. Top with second slice of ham and pour over. . . . . ½ cup apricot syrup
7. Insert cloves in one apricot and place in center of ham.
8. Place remaining apricot halves around top, flower fashion.

## *Pineapple Meat Loaf*

SERVES 6 2 LB. BREAD PAN TEMP. 350° TIME 1 HR.

1. Have ground to- 

{	1 lb. beef
	½ lb. pork
2. Add and mix thor- 

{	¾ cup crushed pine-apple
	1 cup soft bread crumbs
	1 egg
	1 tsp. salt
	¼ tsp. pepper
3. Line bread pan with. . . 6 slices bacon
4. Fill with meat mixture and bake.



# Meats and Fish . . Broiling

## Broiled Steaks

**BROILING PAN**      **TIME** According to thickness and doneness desired

Place steak on rack of broiler pan (do not pre-heat pan or oven). Broil, following broiling chart on page 67.

## Broiled Chicken

**BROILING PAN**      **TIME** Refer to Page 67

Select one broiler to serve two people. Cut in half or quarters. Brush cut side with butter, salt and pepper. Place broiler pan 6 inches from broiler unit, leave oven door ajar. Broil for 25 min., switch on broil, turn broilers and brush skin side with butter, salt and pepper. Broil 10 min. Close oven door and finish on stored heat, 10 to 20 min. according to size of broilers.

## Broiled Meals

Any meat, chicken or fish may be used for broiler meals. Prepare the meat for broiling and cook half the required time, turn and arrange the vegetable or fruit on the rack and continue to cook until vegetable and fruits are browned and thoroughly heated.

## Broiled Turkey

Select a young fat turkey about 8 to 10 lbs. dressed. Have butcher quarter turkey. Brush cut side turkey with butter. Salt and pepper. Place broiler pan second shelf position from the bottom, turn control to broil position. Leave door ajar. Broil for 30 minutes, turn turkey, brush skin side with butter, salt and pepper, broil 30 min. Turn turkey skin side down and turn switch off, close oven door and cook on stored heat for 30 min. Remove turkey, slice and serve with gravy. Very delicious.

## Broiled Fillets and Steaks of Fish

1. Place on oiled broiler pan..... **Fillets or steaks**
2. Brush with..... **Butter or French dressing**
3. Season with..... **Salt and pepper**
4. Place under broiler, broil 12 to 18 min., depending on the thickness of steaks or fillets. (It is not necessary to turn during broiling.)

## Broiled Fish

**BROILING PAN**

**TIME** Refer to Page 67

1. Place fish skin side up on heavily oiled rack, on broiler pan.
2. Place broiler pan beneath unit for 5 to 8 min., depending on thickness of the fish.
3. Use spatula or pancake turner to turn fish.
4. Season with..... **Salt and paprika**
5. Brush with..... **Blended melted butter and lemon juice or French dressing**
6. Replace beneath broiling unit, depending on thickness of fish—10-18 min.

## Broiled Lobster

**BROILING PAN**

**TIME** Refer to Page 67

1. To handle a live lobster, grasp it firmly by the middle of the back, keeping the large claws away from you. In this way you can move it easily.
2. To prepare live broiled lobster, kill the fish by inserting a sharp knife at the junction of the tail and body to sever the spinal cord.
3. Then with a sharp knife split the lobster lengthwise, being careful not to open the stomach or "lady," which is a sac lying just back of the head. **THIS IS IMPORTANT TO REMEMBER.**
4. Remove the stomach and all of the intestinal canal which runs the entire length of the body and tail.
5. Crack the large claws and lay the opened lobster as flat as possible on the broiler pan.
6. Broil for 15 min. with the shell side down  
first..... **1 lobster (1½ lbs.)**
7. Turn and brush with... **3 tbsp. butter**
8. Sprinkle with..... **Salt and pepper**
9. Broil for 10 min. more. The time will vary with the size of the lobster.

### Variations of Lobster

Remove "grayish green soft fat," mince and add ½ cup bread crumbs, and 3 tbsp. butter. Sprinkle over top of lobster.

Bake at 350 degrees for 30 minutes.

Broil for about 10 minutes until golden brown.

# Fish Cookery

## Baked Fish with Stuffing

SERVES 6 SHALLOW PAN TEMPERATURE 375°  
TIME 20 MIN. PER LB.

1. Lay in pan of cold water..... 3 to 4 lb. baking fish and thoroughly wash cavity.
2. Wipe dry.
3. Rub cavity with..... Bud of garlic
 

2 cups soft bread crumbs
1 cup minced celery
2 tbsp. minced onion
1 tbsp. minced parsley
4 tbsp. soft butter
½ cup hot milk
4. Stuff fish with blended.....
5. Tie fish allowing room for expansion. Sewing tears the fibers.
6. Lay fish on strips of bacon, or oil soaked cheese cloth.
7. Sprinkle with..... Salt and pepper, juice of ½ lemon
8. Bake in preheated oven 15 min. to the pound, up to 4 pounds. For fish weighing more than 4 pounds, allow 5 min. baking period for each additional pound.
9. Ten min. before removing from oven, sprinkle over fish..... Juice of ½ lemon
 

Parsley
Lemon quarters
Tomato quarters
Paprika
10. Garnish with.....

## Salmon Baked in Sour Cream

SERVES 6  
CASSEROLE TEMP. 400° TIME 20 to 30 MIN.

1. Wipe with damp cloth..... 3 to 4 lbs. salmon  
Arrange in casserole, skin side down.
2. Mix and spread over fish.....
 

2 tbsp. grated onions
Juice of 1 lemon
3. Sprinkle with..... Salt and pepper
4. Carefully pour over... 1 cup sour cream  
Bake. (If large whole piece of salmon is used, bake 45 min. to 1 hour.)
- Garnish with.....
 

Watercress
Paprika

## Tuna Fish and Noodles en Casserole

SERVES 6 CASSEROLE TEMP. 350° TIME 45 MIN.

1. Cook in water..... 1 pkg. noodles
2. Add..... 1 clove garlic
3. Drain, rinse and drain again.
 

1 cup medium white sauce
1 can tuna fish
½ tsp. salt
1 green pepper, cut fine
2 tbsp. butter
1 small can mushrooms
⅛ tsp. pepper
2 tbsp. rum
½ cup grated cheese
4. Mix well, turn into a buttered casserole.
5. Sprinkle with.....
 

¼ cup grated cheese
½ cup crumbs
6. Bake.

## Halibut Ring

SERVES 8  
9 IN. RING MOLD TEMP. 375° TIME 1 HR.

1. Place in a sauce pan..... 1 lb. halibut
 

1 tsp. salt
1 small onion, sliced
1 small bay leaf
2 cloves
2. Add.....
 

Sprig parsley
1 piece celery—cut up
1 tbsp. vinegar
½ cup water
3. Cook on high heat until steaming, then low heat for 20 minutes. Drain, cool and flake into small pieces.
4. Melt in a saucepan... 1½ tbsp. butter
5. Add to make white sauce.....
 

1 tbsp. flour
¼ cup milk
½ tsp. salt
1 tsp. lemon juice
1½ tsp. grated onion
6. Then add.....
 

1½ tsp. grated parsley
2 egg yolks, beaten
Fish
7. Beat until stiff..... 2 egg whites
8. Whip..... 1 cup cream
9. Combine all ingredients and pour into well buttered ring mold.
10. Set in pan of boiling water and bake until set.



# Salads

## Basic Tomato Aspic

1. Soak.....2 tbsp. gelatin
2. In..... $\frac{1}{4}$  cup cold water
3. Dissolve in..... $\frac{1}{2}$  cup boiling water
4. Cook for 15 min. ... {
  - 4 cups tomatoes, fresh or canned
  - 1 tbsp. chopped onion
  - $\frac{1}{2}$  tsp. celery seed
  - 2 or 3 whole cloves
  - 1 tsp. salt
  - 1 tsp. sugar
5. Strain through fine strainer or cheese cloth.
6. Add..... {
  - 2 tsp. lemon juice
  - Dissolved gelatin

This may be molded at once or it may be kept in covered jar in refrigerator cabinet until needed. Makes about 3 cups aspic. To use, take out what is wanted and melt over hot water. Use as suggested in recipes.

## Tomato Ham Loaf Salad

**SERVES 8**

1. Prepare.....**Tomato aspic**
2. Divide into three parts—Pour  $\frac{1}{3}$  of mixture into a well oiled mold. Chill until firm.
3. Mix..... {
  - 2 pkg. cream cheese
  - 1 cup cottage cheese
4. Season with.....**Salt and pepper**
5. Spread over aspic layer in mold.
6. Pour second portion of aspic over cheese.
7. Chill in refrigerator until firm.
8. Soak.....1 tbsp. gelatin
9. In..... $\frac{1}{4}$  cup cold water
10. Dissolve gelatin over low heat.
11. Grind.....3 cups ham
12. Add and mix..... {
  - $\frac{1}{2}$  cup mayonnaise
  - 2 tbsp. minced celery
  - 2 tbsp. green pepper
  - 1 tsp. mustard
13. Season with.....**Salt and pepper**
14. Spread ham mixture over aspic.
15. Cover ham with last portion of aspic.
16. Chill in refrigerator until firm.
17. Serve on curly endive.

## Avocado and Shrimp Salad

**SERVES 6**

**SALAD BOWL**

1. Peel and slice.....2 avocado pears
2. Marinate in.....**Lemon juice**
3. Clean.....1 lb. cooked shrimp
4. Arrange on plate.....**Lettuce cups**
5. Arrange shrimp and pears in lettuce.
6. Serve with.....**French dressing**

## Avocado Mold

**SERVES 6**

**RING MOLD**

1. Drain juice from.....2 cans grapefruit
2. Pour into a bowl.....2 pkg. orange gelatin
3. Add..... $1\frac{1}{2}$  cups boiling water
4. Stir until gelatin is dissolved.
5. Add..... {
  - $1\frac{1}{2}$  cups cold water
  - $2\frac{1}{2}$  tbsp. lemon juice
6. Cool until slightly thickened.
7. Cut into lengthwise pieces.....2 avocado pears
8. Arrange a layer in bottom and sides of a ring mold. Pour a little gelatin mixture into the mold and place in refrigerator to congeal. Add remaining gelatin mixture.
9. Place avocado slices on top and place in refrigerator to congeal.
10. Turn out on a nest of...**Curly endive**
11. Decorate outside with.....**Avocado slices**
12. Marinate grapefruit in French dressing and serve in center of ring.

## Lobster and Pineapple Salad

**SERVES 6**

**SALAD BOWL**

1. Drain and separate...2 cans lobster
2. Drain and measure...1 cup diced pineapple, canned
3. Add..... {
  - 1 cup diced celery
  - 2 hard-cooked eggs, sliced
  - $\frac{1}{2}$  cup salted, toasted almonds
  - 1 tbsp. chopped green pepper
  - 2 tbsp. lemon juice
4. Toss together lightly and add..... $\frac{1}{2}$  cup mayonnaise
5. Line bowl with lettuce.

# Salads

## Lima Bean Salad Italian Style

SERVES 6

SALAD BOWL

1. Mix with a fork....
  - 2 cups cooked green lima beans
  - 2 tbsp. chopped parsley
  - 1 bud garlic, chopped
  - 1 Spanish onion, sliced thin
2. Gradually add.....  $\frac{1}{4}$  cup salad oil
3. Add, drop by drop.... 1 tbsp. vinegar
4. Chill thoroughly.
5. Season with..... Salt and pepper
6. Garnish with.....
  - Sliced tomatoes
  - Sliced onions

NOTE: When fresh lima beans are used, rinse immediately after cooking with cold water.

## Kippered Herring Salad

SERVES 6

SALAD BOWL

1. Steam.....
  - 1 kipper herring
  - $\frac{1}{2}$  cup water
2. Cook on high heat, and when steaming turn to low heat for about 5 minutes.
3. Remove fish, drain, bone and shred.
4. Add.....
  - 1 cup diced cooked potatoes
  - 1 cup diced celery
  - 1 green pepper
  - $\frac{1}{2}$  tsp. salt
  - $\frac{1}{4}$  tsp. paprika
  - $\frac{1}{8}$  tsp. pepper
  - 1 tbsp. minced onion
5. Chop and add....
6. Steam and chop.... 1 hard-cooked egg
7. Add to moisten..... Mayonnaise
8. Serve on bed of..... Lettuce
9. Garnish with..... Strips of pimento

## Bohemian Salad

SERVES 6

SALAD BOWL

1. Dice.....
  - 3 hard-cooked eggs
  - 2 diced cooked beets
  - 2 diced cooked potatoes
2. Add.....
3. Toss together with....  $\frac{1}{2}$  cup French dressing
4. Serve in..... Lettuce cups
5. Drain..... 1 can sardines
6. Garnish top of salad with tiny sardines.

## Peach and Raspberry Salad

SERVES 6

RING MOLD

1. Dissolve..... 2 pkgs. raspberry gelatin
2. In..... 1 pt. of hot water
3. Cool slightly.
4. Arrange in bottom of mold..... 1 No. 2½ can sliced peaches
5. Pour half of gelatin over peaches and place in refrigerator to congeal.
6. Pour over peaches.
  - 1 can red raspberries or
  - 1 box frosted raspberries
7. Pour remaining gelatin over. Congeal in refrigerator.
8. Serve on lettuce with mayonnaise and whipped cream.

## Spinach Salad

SERVES 6

SALAD BOWL

1. Wash and remove stems of..... 5 cups uncooked spinach
2. Drain and chop. Keep cold and crisp.
3. Add mix, and toss in French dressing.
  - $\frac{1}{2}$  cup chopped cooked beets
  - $\frac{1}{2}$  cup chopped celery
  - 2 spring onions chopped
4. Garnish with slices of..... 2 hard-cooked eggs

## Hot Potato Salad

SERVES 4

SKILLET

1. Dice..... 5 slices bacon
2. Fry bacon until crisp. Remove bacon.
3. Add to bacon fat.... 1 diced onion
4. Cook slightly.
5. Add.....
  - $\frac{1}{4}$  tsp. salt
  - 3 tbsp. vinegar
  - Dash pepper
  - 3 or 5 tbsp. sour cream
6. Add..... 3 cups diced cooked potatoes
7. Turn potatoes in broth and serve.



# Salads

## Vegetable Supper Salad

**SERVES 8**

**RING MOLD**

1. Dissolve ..... { 1 pkg. lemon Jello in  
2 cups boiling water
2. Add ..... 1 cup cold water
3. Add ..... { 2 tbsp. vinegar  
1 tsp. salt
4. Place in refrigerator cabinet to chill.
5. When mixture begins to congeal, fold in ..... { 1 cup chopped celery  
1 cup shredded cabbage  
½ cup shredded carrots  
1 shredded green pepper
6. Turn into greased ring mold to congeal.
7. Turn out on plate.
8. Garnish with watercress and cornucopias of cold meat for main course.

## Sunshine Salad

**SERVES 6**

**RING MOLD**

1. Dissolve ..... 2 pkgs. lemon Jello
2. In ..... 2 cups boiling water
3. Add ..... { 1 cup pineapple juice  
2 cups crushed pineapple  
1 cup grated raw carrots
4. Pour into well greased mold and place in refrigerator to congeal.
5. Turn out on bed of curly endive or lettuce and garnish with canned pear halves or peaches.
6. Serve with mayonnaise.

## Chef Salad

**SERVES 6**

**SALAD BOWL**

1. Wash and shake off all moisture ..... 1 head lettuce
2. Break lettuce apart—do not cut.
3. Put in a chilled salad bowl.
4. Add ..... { 2 tomatoes cut in quarters  
4 spring onions (cut in fine pieces)  
2 hearts of celery—cut up  
2 hard-cooked eggs  
6 anchovies
5. Toss salad together lightly with French dressing.

## Tuna Fish Salad

**SERVES 6**

**FISH MOLD**

1. Soak for 5 min. .... { 1 tbsp. gelatin  
2 tbsp. cold water
2. Dissolve mixture over boiling water.
3. Flake with fork ..... 2 cups tuna fish
4. Add ..... { ½ cup chopped celery  
¼ cup pickle relish  
½ tsp. salt  
½ cup mayonnaise  
¼ tsp. paprika
5. Add dissolved gelatin.
6. Pour into greased fish mold and place in refrigerator to set. This may be placed in individual fish molds.
7. Unmold on lettuce cups.
8. Garnish with ..... { Celery curls  
Rings of green peppers

## Frozen Fruit Salad

**SERVES 8 REFRIGERATOR TRAY TIME 2 to 3 HRS.**

1. Soak for 5 min. .... { 1 tbsp. gelatin  
¼ cup cold water
2. Dissolve over boiling water.
3. Combine ..... { 1 cup diced pineapple  
1 cup diced apricots  
1 cup diced peaches  
2 bananas, diced  
3 tbsp. lemon juice  
½ cup sugar
4. Add dissolved gelatin to above ingredients and chill.
5. As mixture begins to congeal, fold in. { 1 cup mayonnaise  
1 cup whipped cream
6. Turn into refrigerator tray, place in upper freezer and freeze.
7. Cut into squares and serve on lettuce cups with a cream salad dressing.

### Salad Garnishes

Tomato flowers, eggs, pimento, green pepper, radish roses, parsley, chives, mint, cucumber flowers, etc. A chapon, a small piece of bread rubbed with garlic placed in a salad bowl gives a delicious flavor.

**ARRANGEMENT OF SALAD.** Arrange the salad greens (cut stem end off) on the plate. Arrange the salad so that it falls gracefully over the lettuce. Do not fill the plate too full. Attractive salads may be arranged in wooden salad bowls or plates and served at the table into individual servings.

# Salad Dressings

## Glazed French Dressing

1. Put into a mixing bowl.....
 

{	¼ cup vinegar
	½ cup sugar
	1 tsp. dry mustard
	1 tsp. salt
	1 tsp. paprika
2. Beat for 3 minutes.
3. Add slowly while beating.....1 cup salad oil
4. Beat 3 more minutes after adding oil.
5. Add.....Juice of onion or garlic to taste

## Mayonnaise Dressing

1. Beat until thick.....2 egg yolks
2. Beat and add.....Few drops of vinegar
3. Add slowly, beating constantly.....2 cups salad oil
4. Add.....
 

{	¼ cup vinegar
	1 tbsp. lemon juice
	1 tsp. salt
	⅛ tsp. pepper

Lemon juice may be used in place of vinegar.

## Variations

1. **Russian Dressing:** To 1 cup of mayonnaise add 2 tbsp. chili sauce, 1 tsp. Worcestershire and 1 tsp. lemon juice.
2. **Thousand Island Dressing:** To 1 cup of mayonnaise add 4 tbsp. chili, 1 tbsp. of green pepper, 2 tbsp. pimento or red pepper, 1 tbsp. of chives.
3. **Horseradish Mayonnaise:** To 1 cup of mayonnaise add ½ cup grated horseradish. Serve with corned beef, tongue or fish.

## Cooked Salad Dressing

1. Mix.....
 

{	1 tsp. dry mustard
	1 tsp. salt
	1 tbsp. sugar
	1 tbsp. flour
  2. Beat and add.....2 eggs
  3. Add.....¾ cup milk
  4. Then add.....¼ cup vinegar and lemon juice
- Cook until thickened, stirring constantly.
5. Add.....1 tbsp. butter
- Cool (may be thinned with cream)

## Sour Cream Dressing

1. Mix.....
 

{	2 tbsp. sugar
	1 tsp. salt
	1 tsp. mustard
	2 tbsp. lemon juice
	2 tbsp. vinegar
2. Whip.....1 cup sour cream
3. Fold ingredients into whipped cream.
4. Serve on cabbage slaw—sliced cucumbers or mixed vegetable salad.

## Roquefort Cheese Dressing

1. Cream with a fork imported Roquefort cheese.
2. Gradually add olive oil until a pouring consistency (thick cream).
3. Season with cayenne pepper, Worcestershire sauce and vinegar to taste.
4. Chill thoroughly.

## Cream Fruit Salad Dressing

1. Heat.....1 cup pineapple or other fruit juices
2. Mix to smooth paste
 

{	4 tbsp. flour
	3 tbsp. sugar
	2 eggs
3. Add gradually to hot fruit juice.
4. Add.....1 tsp. butter
5. Cook on low heat, stirring constantly.
6. Chill.
7. Add.....1 cup cream whipped

## Sweet Sour Bacon Dressing

1. Dice.....5 slices bacon
2. Fry and add.....
 

{	¼ tsp. pepper
	½ tsp. paprika
	¼ tsp. salt
	¼ tsp. dry mustard
	3 tbsp. vinegar
	1 tbsp. sugar
3. Cover and cook for a few minutes on low heat.
4. Serve on shredded cabbage or garden lettuce or wild greens.



# Cakes

## Jelly Roll

1 JELLY ROLL PAN TEMP. 425° TIME 12 to 15 MIN.

1. Beat thoroughly.....3 eggs
2. Add and continue {  $\frac{1}{4}$  cup cold water  
beating..... { 1 cup sugar
3. Sift and measure.....1 cup cake flour
4. Add..... { 2 tsp. baking  
powder  
 $\frac{1}{4}$  tsp. salt
5. Add dry ingredients to egg mixture and mix well.
6. Add.....1 tsp. vanilla
7. Bake in a sheet cake pan lined with greased wrapping paper.
8. Place tea towel on table, cover with waxed paper. Sprinkle with confectioners' sugar.
9. Turn hot jelly roll on waxed paper. Spread with.....1 glass jelly or jam
10. Hold paper and tea towel firmly with thumb and first finger. Lift up and roll. Cool and unwrap.
11. Sprinkle with confectioners' sugar.

### Variation

**Cocoa Roll:** Omit  $\frac{1}{4}$  cup flour from ingredients and substitute  $\frac{1}{4}$  cup cocoa.

## Angel Food Cake

1 TUBE CAKE PAN TEMP. 325° TIME 1 $\frac{1}{4}$  HRS.

1. Beat until foamy.....1 $\frac{1}{2}$  cups egg whites
2. Add and continue beating.....1 tsp. cream of tartar
3. Add and beat until peaks are formed.....1 $\frac{1}{2}$  cups sugar
4. Add..... {  $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  tsp. almond  
extract  
 $\frac{1}{2}$  tsp. lemon extract
5. Sift and measure.....1 cup cake flour
6. Fold into egg whites using wire beater.
7. Turn into ungreased tube pan.

## Speed Angel Food-Method

TEMPERATURE 425° TIME 25 MIN.

1. Place tube cake pan in cold oven.
2. Preheat pan while oven is heating.
3. Pour in cake batter, Angel Food or Sunshine into hot pan, quickly.
4. Place in oven to bake.

## Sunshine Cake

1 TUBE CAKE PAN TEMP. 325° TIME 1 to 1 $\frac{1}{4}$  HRS.

1. Separate.....9 eggs
2. Beat.....Egg whites until foamy
3. Add.....1 tsp. cream of tartar and beat until stiff
4. Add.....1 $\frac{1}{2}$  cups sugar
5. Mix slightly.
6. Add to egg yolks... {  $\frac{1}{2}$  tsp. orange  
extract  
 $\frac{1}{2}$  tsp. lemon extract  
 $\frac{1}{2}$  tsp. vanilla  
 $\frac{1}{2}$  tsp. salt
7. Beat until very thick.
8. Fold egg yolk mixture into egg whites.
9. Measure and sift.....1 $\frac{1}{2}$  cups cake flour
10. Fold into egg mixture.
11. Turn into ungreased tube pan.

## White Layer Cake

3—8" Layer Cake Pans TEMP. 375° TIME 30 to 35 MIN.

1. Cream.....1 cup soft butter
2. Add gradually.....1 $\frac{1}{2}$  cups sugar Cream thoroughly.
3. Sift and measure.....3 cups cake flour
4. Add..... { 3 tsp. baking  
powder  
 $\frac{1}{2}$  tsp. salt
5. Add dry ingredients {  $\frac{3}{4}$  cup milk  
alternately with.... { 1 tsp. vanilla
6. Fold in.....6 egg whites beaten stiff
7. Bake.
8. Cool and fill with orange cream filling.
9. Frost with Miracle icing and decorate with pistachio nuts and orange segments.

## White Loaf Cake

2—2 LB. LOAF PANS TEMP. 350° TIME 1 to 1 $\frac{1}{2}$  HRS.

1. Cream..... $\frac{1}{2}$  cup butter
2. Add gradually.....1 $\frac{1}{2}$  cups sugar
3. Add unbeaten, one at a time.....4 eggs Beat well after each addition.
4. Sift and measure.....3 cups flour
5. Add..... { 3 tsp. baking  
powder  
 $\frac{1}{2}$  tsp. salt
6. Add dry ingredients to creamed mixture alternately with... { 1 cup milk  
1 tsp. lemon juice
7. Mix well and bake.







# Cakes

## Miracle Cake

2—8" Layer Cake Pans TEMP. 375° TIME 30 to 35 MIN.

1. Cream.....1 cup soft butter
2. Add gradually and cream thoroughly....2 cups sugar
3. Add, one at a time...4 eggs
4. Beat well.
5. Sift and measure....4 $\frac{2}{3}$  cups cake flour
6. Add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ tsp. sal} \\ 4\frac{1}{2} \text{ tsp. baking powder} \end{array} \right.$
7. Add first mixture alternately with.... $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups milk} \\ 2 \text{ tsp. vanilla} \end{array} \right.$
8. Divide into 4 equal parts. Bake.

## Cocoanut Cake

1—12 $\frac{1}{2}$  x 9 x 2 CAKE PAN TEMP. 350° TIME 1 HR.

1. Cream.....1 cup butter
2. Add gradually.....2 cups sugar
3. Add one at a time...4 eggs  
Beat well.
4. Sift and measure..  $\left\{ \begin{array}{l} 3 \text{ cups flour} \\ 2 \text{ tsp. baking powder} \end{array} \right.$
5. Add alternately with...1 cup milk
6. Add..... $\left\{ \begin{array}{l} 1 \text{ cup cocoanut} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
7. Bake in large cake pan, well greased.

## Red Devil's Food Cake with Baked Frosting

1—12 $\frac{1}{2}$  x 9 x 2 CAKE PAN TEMP. 350° TIME 1 HR.

1. Mix together..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup water} \\ 1\frac{1}{2} \text{ tsp. soda} \\ \frac{1}{2} \text{ cup cocoa} \end{array} \right.$
2. And allow to stand while mixing other ingredients.
3. Cream..... $\frac{2}{3}$  cup butter
4. With.....1 $\frac{3}{4}$  cups sugar
5. Add one at a time...2 eggs
6. Beat well.
7. Sift and add..... $\left\{ \begin{array}{l} 2\frac{1}{2} \text{ cups flour} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
8. Alternately with..... $\frac{3}{4}$  cup sour milk
9. Add.....1 tsp. vanilla
10. Bake 45 minutes. Then spread with baked frosting (Page 39) and return to oven for another 15 minutes.

## Orange Marmalade Cake

1—9" SQUARE PAN TEMP. 350° TIME 45 to 50 MIN.

1. Cream..... $\frac{1}{4}$  cup butter
2. Add gradually..... $\frac{3}{4}$  cup sugar
3. Add, one at a time...2 eggs  
Beat well.
4. Add..... $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup orange marmalade} \\ 2 \text{ tbsp. orange rind} \end{array} \right.$
5. Sift and measure....2 cups flour
6. Add..... $\left\{ \begin{array}{l} 2 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
7. Add dry ingredients to creamed mixture alternately with..... $\frac{1}{3}$  cup water
8. Add..... $\frac{1}{2}$  cup chopped nuts
9. Mix well and bake.
10. Frost with orange cream frosting and cut in squares.

## Meringue Cake Torte

2—8" Layer Cake Pans TEMP. 350° TIME 25 to 35 MIN.

1. Cream..... $\frac{1}{2}$  cup butter
2. Add gradually..... $\frac{1}{2}$  cup sugar
3. Add.....4 egg yolks
4. Beat thoroughly.
5. Sift and measure....1 cup flour
6. Add..... $\left\{ \begin{array}{l} 2 \text{ tsp. baking powder} \\ \text{Pinch of salt} \end{array} \right.$
7. Add dry ingredients alternately with... $\left\{ \begin{array}{l} 5 \text{ tbsp. milk} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
8. Turn into two 8" well greased layer cake pans.
9. Beat until foamy.....4 egg whites
10. Add..... $\frac{1}{2}$  cup sugar
11. Beat until stiff enough for meringue.
12. Spread on top of cake batter.
13. Bake.
14. Remove from pans and cool.
15. Spread with.....Custard
16. Peel and slice.....2 bananas  
Spread bananas over custard.
17. Garnish top with... $\left\{ \begin{array}{l} \text{Whipped cream} \\ \text{Cherries} \\ \text{Nuts} \end{array} \right.$

# Cakes

## Molasses Cake

1—8" SQUARE PAN TEMP. 350° TIME 35 to 40 MIN.

1. Cream..... $\frac{3}{8}$  cup shortening
2. Add gradually..... $\frac{1}{2}$  cup sugar  
Beat well.
3. Add..... $\left\{ \begin{array}{l} 1 \text{ egg} \\ \frac{1}{2} \text{ cup molasses} \end{array} \right.$   
Mix well.
4. Sift and measure..... $1\frac{3}{4}$  cups flour
5. Add..... $\left\{ \begin{array}{l} 2 \text{ tsp. ginger} \\ \frac{1}{2} \text{ tsp. cinnamon} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
6. Mix.....1 tsp. soda
7. With..... $\frac{1}{2}$  cup sour milk
8. Add alternately with flour mixture to creamed mixture.
9. Bake.

## Banana Cake

9" SQUARE CAKE PAN TEMP. 350° TIME 1 HR.

1. Cream together... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup sugar} \end{array} \right.$
2. Add and beat well...2 eggs
3. Sift together..... $\left\{ \begin{array}{l} 2\frac{1}{4} \text{ cups cake flour} \\ 2 \text{ tsp. baking powder} \\ \frac{1}{4} \text{ tsp. baking soda} \end{array} \right.$
4. Add sifted mixture, alternately with... $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup milk} \\ 1 \text{ cup mashed bananas} \\ (2 \text{ bananas}) \end{array} \right.$
5. Bake.
6. Before serving, top with... $\left\{ \begin{array}{l} \text{Whipped cream} \\ \text{Sliced bananas} \end{array} \right.$

## Old Fashioned Pound Cake

1 TUBE CAKE PAN TEMP. 325° TIME 1 to 1 $\frac{1}{4}$  HRS.

1. Cream.....2 cups soft butter
2. Add gradually and beat well.....2 cups sugar
3. Add, one at a time...10 eggs
4. Beat well after each one.  
When last egg has been added, beat...1 minute
5. Sift and measure.....4 cups cake flour
6. Add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{2} \text{ tsp. mace} \end{array} \right.$
7. Add flour mixture to creamed mixture carefully.
8. Add..... $\frac{1}{2}$  tsp. lemon juice
9. Mix well.
10. Turn into a well greased tube pan (large size). May be baked in three loaf tins.

## Medium Light Fruit Cake

2—3 LB. LOAF PANS TEMP. 300° TIME 2 $\frac{1}{2}$  to 3 HRS.

1. Cream.....1 cup butter
2. Add gradually.....1 cup sugar  
and cream thoroughly.
3. Add, beat well.....2 egg yolks
4. Add..... $\left\{ \begin{array}{l} 1 \text{ tbsp. vanilla} \\ \frac{1}{2} \text{ tsp. almond extract} \end{array} \right.$
5. Sift and measure.. $\left\{ \begin{array}{l} 3 \text{ cups flour} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
6. Combine dry ingredients with creamed mixture.
7. Add..... $\left\{ \begin{array}{l} 1 \text{ lb. candied pineapple, cut up} \\ 1 \text{ lb. candied cherries, cut up} \\ 1 \text{ lb. blanched almonds, cut up} \\ \frac{1}{2} \text{ lb. citron} \\ 1 \text{ cup shredded cocoanut} \end{array} \right.$
8. Add..... $\frac{1}{2}$  cup pineapple juice
9. Fold in.....7 egg whites beaten stiff, not dry
10. Bake.

## Dark Fruit Cake

4—3 LB. LOAF PANS TEMP. 275° TIME 3 $\frac{1}{2}$  HRS.

1. Wash thoroughly and drain.....2 lbs. currants
2. Cut up..... $\left\{ \begin{array}{l} 2 \text{ lbs. dates} \\ 2 \text{ lbs. seeded raisins} \\ \frac{1}{2} \text{ lb. mixed lemon, orange, and citron peel} \end{array} \right.$
3. Blanch and slice....1 lb. almonds
4. Cream.....1 lb. butter
5. Add gradually.....1 lb. brown sugar
6. Add, and beat well...12 eggs
7. Sift and measure.....1 lb. flour
8. Add..... $\left\{ \begin{array}{l} 1 \text{ tsp. soda} \\ 1 \text{ tsp. cream of tartar} \\ 1 \text{ tsp. mixed spices} \end{array} \right.$
9. Add fruits and nuts to flour mixture and add to creamed mixture.
10. Add.....1 cup brandy  
Mix well, and bake.



# Cake Fillings

## Chocolate Fudge Frosting

SAUCEPAN

TIME 8 to 10 MIN.

1. Mix together . . . . .  $\left\{ \begin{array}{l} 3 \text{ cups sugar} \\ 2 \text{ squares chocolate} \\ \text{cut fine} \\ 1\frac{1}{3} \text{ cups milk} \\ \frac{1}{3} \text{ tsp. cream of} \\ \text{tartar} \end{array} \right.$
2. Cook until it forms a soft ball or 240° F.
3. Cool and add. . . . . 3 **tbsp. butter**
4. Beat until creamy and add. . . . .  $\frac{1}{2}$  **tsp. vanilla**
5. Spread thick on cake while warm.
6. Garnish with. . . . . 1 **cup nuts**

## Refrigerator Frosting

SAUCEPAN

TIME 8 to 10 MIN.

1. Cook together. . . . .  $\left\{ \begin{array}{l} 2\frac{1}{2} \text{ cups sugar} \\ \frac{1}{2} \text{ cup water} \\ \frac{1}{2} \text{ cup light corn} \\ \text{syrup} \end{array} \right.$   
Until firm ball is formed when tested in cold water or to 242° F.
2. Beat . . . . . 2 **egg whites**
3. Add . . . . . 2 **tbsp. sugar**  
Beat thoroughly.
4. Add slowly . . . . . **Hot syrup mixture**  
Beat until mixture will hold its shape.
5. Add . . . . . 1 **tsp. vanilla**
6. Spread on cake or put in tightly covered jar and store in refrigerator cabinet. If it becomes slightly stiff add a few drops of hot water and mix well.

## Date Nut Filling

SAUCEPAN

TIME 8 to 10 MIN.

1. Combine . . . . .  $\left\{ \begin{array}{l} 1 \text{ cup brown sugar} \\ \frac{3}{4} \text{ cup water} \\ \frac{1}{4} \text{ cup butter} \\ \frac{1}{2} \text{ pkg. dates, cut} \\ \text{up} \end{array} \right.$
2. Cook until thick.
3. Add . . . . . 1 **box powdered sugar**
4. Beat until creamy.
5. Add. . . . .  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup nuts,} \\ \text{chopped} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$

## Baked Frosting

1. Beat 2 egg whites until stiff.
2. Add  $\frac{1}{2}$  tsp. baking powder and 1 cup brown sugar.
3. Beat again.
4. Spread over cake.
5. Sprinkle with nut meats and bake 10 to 15 minutes.

## Caramel Filling

SAUCEPAN

TIME 8 to 10 MIN.

1. Mix together . . . . .  $\left\{ \begin{array}{l} 2 \text{ cups sugar} \\ \frac{1}{2} \text{ cup brown sugar} \\ \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup buttermilk} \\ \frac{1}{2} \text{ tsp. soda} \end{array} \right.$
2. Cook until forms a soft ball or to 80° F. Cool.
3. Add. . . . . 1 **tbsp. vanilla**
4. Beat until creamy. Spread on cake.

## Miracle Icing

SMALL MIXER BOWL

TIME 8 to 10 MIN.

1. Mix together . . . . .  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups sugar} \\ \frac{1}{8} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup water} \end{array} \right.$   
Let come to boil and boil for 3 minutes.
2. Place unbeaten . . .  $\left\{ \begin{array}{l} 2 \text{ egg whites} \\ \frac{1}{4} \text{ tsp. cream of} \\ \text{tartar} \end{array} \right.$
3. Into small mixer bowl add. . . . . **Hot Syrup**  
Beat for 5 min.
4. Add. . . . . 1 **tsp. vanilla**  
This is a soft frosting.  
If desired add. . . . . 6 **marshmallows**  
To. . . . . **Hot syrup**  
And allow to dissolve before adding egg whites.

## Delicious Apple Filling

SAUCEPAN

TIME 8 to 10 MIN.

1. Mix together . . . . .  $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup sugar} \\ 1 \text{ tbsp. flour} \\ 3 \text{ tbsp. lemon juice} \\ 1 \text{ tbsp. water} \\ 1 \text{ egg, beaten} \\ 1 \text{ cup grated apple} \end{array} \right.$
2. Cook until thick.
3. Cool and spread between cake layers.
4. Frost with Miracle icing.

## Butter Cream Icing

LARGE MIXER BOWL

TIME 3 to 5 MIN.

1. Sift into mixing bowl. . . 1 **box confectioners' sugar**
2. Add and cream. . . . .  $\frac{1}{4}$  **cup soft butter**
3. Add. . . . .  $\left\{ \begin{array}{l} 1 \text{ egg white} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$   
Beat well.
4. Add. . . . .  $\frac{1}{4}$  **cup top milk**  
Beat until fluffy.
5. Add . . . . . 1 **tsp. vanilla**

# Small Cakes and Cookies

## Cup Cakes

12 CUP CAKES TEMP. 375° TIME 20 to 30 MIN.

1. Cream ..... {  $\frac{1}{2}$  cup soft butter  
1 cup sugar
2. Add..... 2 eggs  
Beat until fluffy.
3. Sift..... 2 cups flour
4. Add..... { 3 tsp. baking  
powder  
 $\frac{1}{4}$  tsp. salt  
Sift together.
5. Add dry ingredients {  $\frac{3}{4}$  cup milk  
alternately with ... { 1 tsp. vanilla  
Mix well.
6. Fill muffin tins  $\frac{2}{3}$  full. Bake.
7. Frost with chocolate frosting and chocolate shots.

## Lemon Cup Cakes

Yield, 12 Small Cakes TEMP. 375° TIME 20 to 30 MIN.

1. Cream together ... {  $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup sugar
2. Add..... 2 egg yolks
3. Mix thoroughly.
4. Add sifted together { 1 cup cake flour  
1 tsp. baking  
powder  
 $\frac{1}{4}$  tsp. salt
5. Alternate with ... {  $\frac{1}{4}$  cup lemon juice  
Rind of half lemon
6. Beat and fold in..... 2 egg whites
7. Fill muffin tins  $\frac{2}{3}$  full and bake.

## Date Bars

24 COOKIES TEMP. 350° TIME 35 MIN.

1. Beat together ..... {  $\frac{3}{4}$  cup sugar  
3 egg yolks
2. Sift together..... {  $\frac{1}{3}$  cup flour  
1 tsp. baking  
powder  
 $\frac{1}{2}$  tsp. salt  
Add to egg mixture.
3. Add..... { 2 cups dates cut fine  
 $\frac{3}{4}$  cup nuts cut fine  
Mix well.
4. Beat and fold in..... 3 egg whites
5. Spread in shallow pan (1x8x12 inches). Bake.
6. Cut while warm in oblong bars (1x2 inches) and roll in powdered sugar.

## Caramel Nut Squares

TEMPERATURE 425° TIME 15 MIN.

1. Into..... 1 cup flour
2. Cut.....  $\frac{1}{2}$  cup butter
3. Add..... 1 egg
4. Mix well and spread in a buttered pan.
5. Add topping given below.

## Topping

TEMPERATURE 350° TIME 30 MIN.

1. Blend.....  $1\frac{1}{2}$  cups brown sugar
2. With..... 2 eggs
3. Add..... 2 tbsp. flour
4. Sifted with.....  $\frac{1}{2}$  tsp. baking  
powder

Spread this mixture over baked crust.

5. Mix.....  $\frac{1}{2}$  cup cocoanut
6. And spread on top. {  $\frac{3}{4}$  cup chopped nuts  
1 tsp. vanilla  
Bake.
7. While hot, brush {  $\frac{1}{2}$  cup confectioners'  
sugar  
Juice of one lemon  
Cool and cut into squares.

## Pumpkin Cookies

36 to 48 Cookies TIME: Until Light Brown TEMP. 375°

1. Cream together.... { 1 cup butter or  
substitute  
 $\frac{1}{2}$  cup sugar
2. Add..... 1 egg yolk
3. Sift and measure .. {  $1\frac{1}{2}$  cups flour  
 $\frac{1}{2}$  tsp. baking  
powder  
 $\frac{1}{8}$  tsp. salt
4. Mix..... { 3 tbsp. milk  
Few drops orange  
coloring
5. Add milk, and dry ingredients alternately.  
Roll in wax paper and store in refrigerator  
for several hours. Slice and decorate like  
pumpkin faces. For stems, use bits of angelica  
or green cherry; for eyes and nose, currants;  
and for mouth use red maraschino cherries.
6. Bake.



# Small Cakes and Cookies

## Refrigerator Cookies

36 COOKIES      TEMP. 425°      TIME 10 MIN.

1. Cream together....  $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup soft butter} \\ 1 \text{ cup brown or white sugar} \end{array} \right.$
2. Add..... 1 egg  
Beat well.
3. Sift together and add.....  $\left\{ \begin{array}{l} 2 \text{ cups flour} \\ \frac{1}{2} \text{ tsp. soda} \\ \frac{1}{2} \text{ tsp. cream of tartar} \\ \frac{1}{2} \text{ cup nuts} \end{array} \right.$
4. Mold into rolls, wrap in waxed paper and place in refrigerator until ready to use.
5. Slice and bake.

## Brownies

24 COOKIES      TEMP. 350°      TIME 20 to 25 MIN.

1. Cream together...  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup sugar} \end{array} \right.$
2. Add..... 2 eggs  
Beat thoroughly.
3. Sift.....  $\frac{3}{4}$  cup flour
4. Add and sift together.....  $\left\{ \begin{array}{l} \frac{1}{4} \text{ tsp. salt} \\ \frac{1}{2} \text{ tsp. baking powder} \end{array} \right.$   
Add to creamed mixture.
5. Add.....  $\left\{ \begin{array}{l} 2 \text{ sqs. chocolate (melted)} \\ 1 \text{ cup walnuts} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
6. Pour into well greased pan and bake.
7. Cool and cut into squares.

## Tom Thumb Cookies

24 COOKIES      TEMP. 350°      TIME 20 to 25 MIN.

1. Cream.....  $\frac{3}{4}$  cup shortening
2. Add.....  $1\frac{1}{2}$  cups sifted powdered sugar
3. Add and mix well...  $\left\{ \begin{array}{l} 2 \text{ eggs well beaten} \\ \frac{1}{2} \text{ tsp. salt} \\ 2 \text{ cups flour} \end{array} \right.$
4. Roll in small balls and place on cookie sheet. Flatten. Bake.
5. Cool and put together with following icing:
6. Mix until smooth...  $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup soft butter} \\ \frac{1}{2} \text{ cup powdered sugar} \\ \text{Pinch of salt} \\ \text{Few drops almond extract} \end{array} \right.$

## Cream Puffs

6 CREAM PUFFS      TEMP. 400°      TIME 50 to 60 MIN.

1. To..... 1 cup boiling water
2. Add.....  $\frac{1}{2}$  cup butter or lard  
Heat turned on high until butter melts.
3. Add..... 1 cup bread flour
4. Stir vigorously until ball forms in center of pan.
5. Cool slightly.
6. Add, one at a time... 4 eggs  
beating after each addition.  
Mixture should be very stiff.
7. Shape on buttered cookie sheet, dropping from spoon or using pastry bag tube. Bake. Cool and fill.

## Cream Puff Filling

SAUCEPAN      TIME 12 to 15 MIN.

1. Scald..... 2 cups milk
2. Mix together.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup flour} \\ \frac{2}{3} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. salt} \\ 2 \text{ eggs} \end{array} \right.$
3. Add scalded milk.
4. Cook until mixture thickens, stirring constantly.
5. Cool and add..... 2 tbsp. rum

## Meringue Shells

8 MERINGUE SHELLS      TEMP. 250°      TIME  $1\frac{1}{4}$  to  $1\frac{1}{2}$  HRS.

1. Beat until stiff..... 4 egg whites
2. Sift together.....  $\left\{ \begin{array}{l} 1 \text{ cup granulated sugar} \\ \frac{1}{4} \text{ tsp. cream of tartar} \end{array} \right.$
3. Add gradually to egg whites and beat until mixture holds its shape.
4. Add..... 1 tsp. vanilla
5. Cover cookie sheet with waxed paper.
6. Shape shells with spoon and bake.
7. Allow to cool before removing from waxed paper.
8. Serve with..... Ice cream or crushed fruits or sherbet
9. Meringue mixture may be placed in a pastry bag using a large rose tube. Make a rose, by running meringue in a small circle, going around about two or three times.

# Hot Desserts

## Orange Marmalade Pudding

SERVES 6 PUDDING PAN TIME 1½ HRS.

1. Cream together . . . { ⅓ cup butter  
¾ cup sugar
2. Add . . . ¼ tsp. orange  
flavoring
3. Sift together . . . { 2 cups flour  
3 tsp. baking  
powder  
¼ tsp. salt
4. And add alternately  
with . . . ½ cup milk
5. Fold in . . . 2 egg whites, beaten
6. Cover bottom of pudding pan with ½ cup  
orange marmalade. Pour batter into pan and  
steam.

## Mincemeat Pudding

SERVES 6 PUDDING PAN TIME 1½ HRS.

1. Sift together . . . { 2 cups flour  
3 tsp. baking  
powder  
2 tbsp. sugar  
½ tsp. salt
2. Beat . . . 2 eggs
3. Add . . . { ⅔ cup milk  
¼ cup melted  
shortening
4. Add to dry ingredients and mix well.
5. Add . . . { 1 cup mincemeat  
(moist)  
1 tbsp. grated  
lemon rind
6. Steam.

## Pear and Cherry Pudding

SERVES 8 PUDDING PAN TIME 1½ HRS.

1. Cream together . . . { ⅓ cup shortening  
¾ cup sugar
2. Add . . . 2 eggs  
Beat well.
3. Sift together . . . { 1½ cups flour  
3 tsp. baking  
powder  
¼ tsp. salt
4. And add alternately  
with . . . ½ cup milk
5. Add . . . 1 tsp. vanilla
6. Cover bottom of  
pudding pan with . . . { ½ cup brown sugar  
6 pear halves  
6 cherries

## Lemon Chiffon Pudding

SERVES 6 CASSEROLE TEMP. 375° TIME 45 to 60 MIN.

1. Cream together . . . { 3 tbsp. butter  
1 cup sugar  
5 tbsp. flour
2. Add . . . { 3 egg yolks, beaten  
¼ cup lemon juice  
1 cup milk
3. Fold in . . . 3 egg whites, beaten  
stiff
4. Pour into buttered casserole. Place in pan of  
warm water and bake until firm.

## Steamed Fruit Pudding

SERVES 15 TIN CANS TIME 1¾ HRS.

1. Beat . . . 2 eggs  
1 cup brown sugar  
1 cup ground suet
2. Add . . . { 2 cups soft white  
bread crumbs  
1 cup milk  
1 tsp. vanilla  
¼ cup orange juice  
or wine  
1 cup flour  
1 tsp. soda  
2 tsp. cinnamon  
1 tsp. cloves
3. Mix well and add . . . { ½ tsp. salt  
2 cups raisins  
1 cup chopped dates  
½ cup assorted fruit  
peel  
½ cup chopped nuts
4. Pour into 3 well greased No. 2 tin cans or  
2 large cans.
5. Place in Thrift Cooker with rack in lowest  
position.
6. Add . . . 1 cup water
7. Turn on high heat. When steaming freely turn  
to low and allow to steam.
8. Delicious served with . . . Butter sauce

## Raspberry Jam Pudding

SERVES 6 THRIFT COOKER TIME 1½-2 HRS.

1. Place in bowl . . . ⅓ cup bread crumbs
2. Add, sifted together { ⅓ cup flour  
⅓ cup sugar  
2 tsp. B.P.
3. Beat until light . . . 2 eggs  
⅓ cup jam
4. Add . . . { ⅓ cup milk  
⅓ cup melted butter  
1 tsp. lemon rind
5. Add to dry ingredients and beat one minute.  
Turn into buttered pudding pan and steam.



# Pies and Pastry

## Plain Pastry

TEMPERATURE 475°

TIME 10 to 15 MIN.

1. Sift together.....  $\left\{ \begin{array}{l} 2 \text{ cups flour} \\ 1 \text{ tsp. salt} \end{array} \right.$
2. Cut in with fork or pastry blender.....  $\frac{3}{4}$  cup shortening
3. Add gradually..... 6 to 8 tbsp. ice water or milk
4. Knead lightly to form into mold.
5. Place in refrigerator to chill (3 or 4 hrs.).
6. When ready to bake divide into two parts. Roll out  $\frac{1}{8}$  inch thick on slightly floured board. Pinch edge of pastry with fork or fingers to flute the edge—prick bottom and sides to bake.

## Sweet Pastry

TEMPERATURE 450°

TIME 10 to 12 MIN.

1. Sift together.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \\ 2 \text{ tbsp. sugar} \end{array} \right.$
2. Cut in with pastry blender.....  $\frac{1}{2}$  cup shortening
3. Beat..... 1 egg yolk
4. Add..... 4 tbsp. ice water
5. Add to dry ingredients.
6. Knead lightly. Chill in refrigerator.
7. Roll  $\frac{1}{8}$  inch thick and line pie pan, crimp or flute edges.

NOTE: This pastry is good for rhubarb or peach pies.

## Assorted Pastries

Use plain or puff pastry and shape pastry shells. Bake and cool. Fill with desired filling.

1. **Peach and Blueberry Tart:** Bake a pastry round, arrange on top of pastry  $\frac{1}{2}$  of canned or fresh peach, fill center with stewed blueberries. Garnish with whipped cream.
2. **Cocoanut Cream Tart:** Bake tart shell and fill with cocoanut cream filling. Cover with meringue and bake.
3. **Kumquat Pastries:** Bake a pastry round, fill center with preserved kumquats (may use peaches, pears or plums). Garnish edge with cream cheese combined with cream.
4. **Cherry Tart:** Fill baked tart shells with sweetened cherries and garnish with whipped cream.
5. **Lemon Meringue Tart:** Fill baked tart shell with lemon cream filling and cover with meringue and bake.

## Puff Pastry

YIELD 10

COOKIE SHEET

TEMP. 450°

TIME 10 to 12 MIN.

1. Sift and measure...  $\left\{ \begin{array}{l} 2 \text{ cups flour} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
2. Cut in with dough blender.....  $\frac{3}{4}$  cup butter
3. Add..... 3 or 4 tbsp. ice water
4. Roll dough to  $\frac{1}{8}$  inch thickness.
5. Spread dough with...  $\frac{1}{4}$  cup soft butter—to within  $\frac{1}{2}$  inch from edge of dough
6. Fold nearest edge of pastry inward  $\frac{1}{3}$  of width, tapping edges together lightly. Fold opposite edge  $\frac{1}{3}$  distance inward.
7. Brush generously with.....  $\frac{1}{4}$  cup soft butter
8. Repeat folding, so dough is 9 thicknesses.
9. Place in refrigerator to chill for 1 hour.
10. Reroll to  $\frac{1}{8}$  inch thickness, repeat folding and return to refrigerator to chill.
11. Roll the third time to  $\frac{1}{8}$  inch thickness. Cut in strips about  $1\frac{1}{2}$  inches wide and 3 inches long.
12. Place strips on cookie sheet, chill in refrigerator, and bake until golden brown.

## Creole Chess Pie

TEMPERATURE 425°

TIME 30 MIN.

1. Beat together until fluffy.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup sugar} \\ 3 \text{ eggs} \\ \frac{1}{2} \text{ tsp. cinnamon} \\ \frac{1}{2} \text{ tsp. nutmeg} \\ 2 \text{ tsp. vinegar} \end{array} \right.$
2. Add.....  $\left\{ \begin{array}{l} 1 \text{ cup dates, cut fine} \\ 1 \text{ cup nuts, cut fine} \\ \frac{1}{2} \text{ cup grated cocoanut} \end{array} \right.$
3. Turn into pastry-lined pan. Bake.

## Peach Pie Supreme

TEMPERATURE 425°

TIME 45 to 55 MIN.

1. Line pyrex pie pan with..... Sweet pastry
2. Cut in eighths or leave in halves..... 4 to 6 peaches  
Arrange in pastry-lined pan.
3. Mix together.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ to } \frac{2}{3} \text{ cup sugar} \\ 2 \text{ tbsp. flour} \\ \frac{1}{8} \text{ tsp. cinnamon} \end{array} \right.$
4. Pour over peaches...  $\frac{1}{2}$  cup sour cream
5. Sprinkle with.....  $\frac{1}{2}$  cup grated snappy cheese
6. Bake.

# Pies and Pastry

## Custard Pie

TEMPERATURE 425° TIME 25 to 30 MIN.

1. Line an 8 inch pie pan with pastry and crimp edges. Chill in refrigerator.
2. Beat slightly ..... 3 eggs
3. Add. .... {  $\frac{1}{3}$  to  $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  tsp. salt  
Dash nutmeg
4. Add. .... 2 cups milk  
Mix well.
5. Pour into pie shell and bake.
6. Remove from oven 5 min. before filling has cooked. It will finish cooking after removing from oven.
7. Add. ....  $\frac{1}{2}$  cup cocoanut for cocoanut custard

## Pumpkin Pie

SERVES 6 9" PIE PLATE TEM. 425° TIME 45 MIN.

1. Line pie plate with . . . Pastry
  - 1 cup brown sugar
  - $\frac{1}{3}$  cup white sugar
  - $\frac{1}{4}$  tsp. cinnamon
  - $\frac{1}{4}$  tsp. ginger
  - $\frac{1}{4}$  tsp. salt
  - 1 tsp. pumpkin spice
2. Mix. .... {  $1\frac{3}{4}$  cups pumpkin  
2 tbsp. molasses  
2 eggs
3. Add. .... {  $1\frac{1}{4}$  cups milk  
 $\frac{1}{4}$  cup cream  
1 tbsp. melted butter
4. Bake.

## Lemon Meringue Pie

TEMPERATURE 375° TIME 10 to 15 MIN.

1. Combine. .... {  $1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  cup cornstarch  
Grated rind of 2 lemons
2. Add. .... 2 cups boiling water  
Cook on high heat until mixture begins to thicken. Turn low and cook, stirring constantly for 5 minutes.
3. Add. .... { 4 egg yolks  
 $\frac{1}{3}$  cup lemon juice  
1 tsp. butter  
Cook for 5 minutes. Turn into a baked pie shell.
4. Cover with meringue of. .... { 4 egg whites  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  tsp. baking powder
5. Bake.

## Apple Pie

TEMPERATURE 425° TIME 45 to 55 MIN.

1. Peel, core and slice apples to make. .... 3 cups apples
2. Add. .... {  $\frac{3}{4}$  cup sugar  
Juice of  $\frac{1}{2}$  lemon  
2 tbsp. flour  
 $\frac{1}{4}$  tsp. cinnamon  
Allow to stand while rolling pastry.
3. Roll pastry, line pie pan and cut off edge. Add apples and dot with. .... Butter
4. Cover with pastry.
5. Allow top crust to overlap lower crust  $\frac{1}{2}$  inch thick—cut even with shears. Moisten lower edge to perfectly seal and fold top crust under lower. Crimp edges.
6. Bake.

## Butterscotch Pie

TEMPERATURE 325° TIME 10 to 15 MIN.

1. Caramelize on low heat. ....  $\frac{1}{2}$  cup sugar
2. Add. .... {  $\frac{1}{4}$  cup water  
4 tbsp. butter  
Allow to dissolve.
3. Scald. ....  $1\frac{3}{4}$  cups milk  
Add to caramel mixture.
4. Beat and add. .... 3 egg yolks
5. Add. .... { 1 cup brown sugar  
 $\frac{1}{2}$  cup cornstarch  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup cold milk
6. Add mixture to hot milk—cook until thickened—stirring constantly.
7. Pour into baked pie shell.
8. Cover with meringue. Bake.

## Delicious Raisin Pie

TEMPERATURE 425° TIME 45 to 55 MIN.

1. Cook together. .... { 2 cups raisins  
2 tbsp. flour  
 $\frac{3}{4}$  cup sugar  
2 tbsp. vinegar  
1 cup water  
Cool.
2. Add. .... { 2 cups chopped apples  
 $\frac{1}{4}$  tsp. cinnamon  
1 tbsp. butter
3. Line pyrex pan with pastry. Fill with filling. Cover with pastry. Crimp edges and bake.



# Hot Desserts

## Steamed Chocolate Pudding

**SERVES 6**      **PUDDING PAN**      **TIME 1 HR.**

1. Melt, on low heat....  $2\frac{1}{2}$  squares chocolate
2. Add.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tbsp. butter} \\ \frac{3}{4} \text{ cup sugar} \end{array} \right.$
3. Mix well and add.... 1 egg  
Beat thoroughly.
4. Sift together.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 2\frac{1}{4} \text{ tsp. baking powder} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
5. And add alternately with.....  $\frac{3}{4}$  cup milk
6. Add..... 1 tsp. vanilla
7. Steam in buttered pudding pan.

## Apricot Pudding

**SERVES 6**      **PUDDING PAN**      **TIME  $1\frac{1}{2}$  HRS.**

1. Sift together.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 1\frac{1}{2} \text{ tsp. baking powder} \\ \frac{1}{2} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{3} \text{ tsp. mace} \\ \frac{1}{2} \text{ cup mashed, steamed apricots} \end{array} \right.$
2. Combine and add.  $\left\{ \begin{array}{l} \frac{2}{3} \text{ cup milk} \\ \frac{1}{3} \text{ cup melted butter} \end{array} \right.$
3. Mix well.
4. Steam in buttered pudding pan.
5. Serve with apricot sauce made of....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups mashed, steamed apricots} \\ \frac{1}{2} \text{ cup sugar} \\ 2 \text{ tbsp. butter} \end{array} \right.$
6. Cook 8 to 10 minutes.

## Orange and Apple Cobbler

**SERVES 6**  
**CASSEROLE**      **TEMP. 375°**      **TIME 1 to  $1\frac{1}{4}$  HRS.**

1. Pare and slice..... 4 to 6 apples
2. Add.....  $\left\{ \begin{array}{l} 1 \text{ cup sugar} \\ \text{Juice of 1 orange} \\ \text{Rind of } \frac{1}{2} \text{ orange} \end{array} \right.$
3. Turn into a buttered casserole.
4. Make a soft dough of.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 2 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \\ 6 \text{ tbsp. shortening} \\ \frac{1}{2} \text{ to } \frac{2}{3} \text{ cup milk} \end{array} \right.$
5. Roll to  $\frac{1}{2}$  inch thickness and cover the apples.
6. Sprinkle with..... 2 tbsp. sugar
7. Bake.

## Apple Betty

**SERVES 6**  
**CASSEROLE**      **TEMP. 350°**      **TIME 1 to  $1\frac{1}{2}$  HRS.**

1. Slice thinly ..... 3 cups apples
2. Add.....  $\left\{ \begin{array}{l} \text{Juice and rind of 1 lemon} \\ \frac{2}{3} \text{ to 1 cup sugar} \\ \frac{1}{2} \text{ tsp. cinnamon} \end{array} \right.$
3. Mix together.
4. Butter a casserole and alternate layers of apple mixture and ... 3 cups bread crumbs
5. Dot with..... Butter
6. Cover and bake.
7. Serve with lemon sauce or cream.

## Delicious Apple Pudding

**SERVES 6**      **TEMP. 375°**      **TIME 1 to  $1\frac{1}{4}$  HRS.**

1. Pare and core ..... 6 to 8 apples
2. Arrange in a buttered pudding dish.
3. Combine and work together until a crumb is formed...  $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup flour} \\ \frac{2}{3} \text{ cup sugar} \\ \frac{1}{3} \text{ cup butter} \\ \frac{1}{2} \text{ tsp. cinnamon} \end{array} \right.$
4. Fill cavities of apples with crumb mixture and sprinkle remaining crumbs over top.
5. Add.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup water} \\ \frac{1}{4} \text{ cup orange juice} \end{array} \right.$
6. Bake and serve with custard sauce or cream.

## Carrot Pudding

**SERVES 6**  
**PUDDING PAN**      **THRIFT COOKER**      **TIME 1 HR.**

1. Cream gradually..  $\left\{ \begin{array}{l} 4 \text{ tbsp. shortening} \\ \frac{1}{2} \text{ cup brown sugar} \end{array} \right.$
2. Add and beat..... 1 egg
3. Add.....  $\left\{ \begin{array}{l} 1 \text{ cup grated raw carrots} \\ \frac{1}{2} \text{ tsp. grated lemon rind} \\ 1 \text{ tsp. grated orange rind} \\ 1 \text{ tbsp. lemon juice} \end{array} \right.$
- Stir until blended.
5. Add.....  $\left\{ \begin{array}{l} 1\frac{1}{4} \text{ cups sifted cake flour} \\ \frac{1}{2} \text{ tsp. soda} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. cinnamon} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{2} \text{ tsp. cloves} \\ \frac{1}{2} \text{ cup seedless raisins} \end{array} \right.$
6. Steam. Serve with foamy sauce.







# Hot Desserts

## Cranberry Pudding

SERVES 8 8" SQUARE PAN TEMP. 375° TIME 1 HR.

1. Sift together.....
  - 2 cups flour
  - 1 cup sugar
  - 2 tsp. baking powder
  - ½ tsp. salt
2. Add.....
  - 2 cups whole raw cranberries
  - 1 cup milk
  - 3 tbsp. melted butter
3. Mix well. Bake. Serve warm with butter sauce.

## Prune Suet Pudding

SERVES 8  
PUDDING PAN THRIFT COOKER TIME 1½ HRS.

1. Sift together.....
  - 1 cup flour
  - ½ tsp. soda
2. Add.....
  - ½ cup suet
  - ½ cup walnuts
  - ¾ cup prunes—chopped
  - 2 tbsp. orange peel
3. Mix and add to the above.....
  - 1 egg
  - ½ cup milk
  - ½ cup molasses
4. Steam.
5. Serve with a vanilla sauce.

## Date Drop Pudding

SERVES 6 9" SQUARE PAN TEMP. 375° TIME 1 HR.

1. Mix and boil for 10 minutes.....
  - 2 cups brown sugar
  - 3 tbsp. butter
  - 3 cups boiling water
2. Pour into 9" sq. baking pan.
3. Mix.....
  - ½ cup milk
  - 1 tsp. vanilla
  - 2 tbsp. melted butter
4. Add.....
  - 1¾ cups flour
  - ½ cup sugar
  - 3 tsp. baking powder
  - ¼ tsp. salt
5. Lastly add.....
  - 1 cup dates cut
  - ¾ cup chopped walnuts
6. Mix thoroughly. Drop by spoonfuls into hot syrup.
7. Serve with..... Whipped cream

## Gum Drop Pudding

SERVES 6 PUDDING PAN TIME 1-1½ HRS.

1. Measure, mix and sift.....
  - ½ tsp. allspice
  - ½ tsp. nutmeg
  - ½ tsp. cinnamon
  - 2 cups flour
  - 2 tsp. baking powder
2. Cream..... 2 tbsp. butter
3. Add..... 1 cup brown sugar
4. Add—alternately..... Sifted dry ingredients
- And..... 2 cups milk
- Beat thoroughly.
5. Add.....
  - 1 cup seedless raisins
  - 1 cup nutmeats (English walnuts or pecans)
  - 1 doz. gumdrops (assorted colors)
6. Place in a pudding pan to steam with cooker meal.

## English Plum Pudding

SERVES 12 2 MOLDS TEMP. 250° TIME 6 to 8 HRS.

1. Cut finely.....
  - ¼ lb. citron
  - ½ lb. figs
2. Add.....
  - 2 cups currants
  - 1 lb. raisins
3. Grind..... 2 cups suet
4. Add..... 2 cups sugar
5. Sift and measure... 1 cup flour
  - 4 cups bread crumbs
  - 1 tsp. cloves
  - 1 tsp. cinnamon
  - 2 tsp. cream of tartar
- Add.....
6. Beat and add..... 7 eggs
7. Add fruits and mix.
8. Add..... 1 cup whiskey or wine
9. Mix thoroughly and allow to stand over night.
10. In morning add...
  - 1 cup milk
  - 1 tsp. soda
11. Pour into well greased molds—Steam or bake in oven.
12. Serve with hard sauce.

## Frozen Desserts

## Fresh Peach Ice Cream

SERVES 6      TIME: APPROXIMATELY 2 to 3 HRS.

1. Mash thoroughly . . . . . 2 cups fresh peach pulp
  2. Add . . . . . {  $\frac{3}{4}$  cup sugar  
Juice 1 lemon
- When thoroughly mixed, pour into ice cube tray, place in Super-Freezer. Freeze to a mushy consistency.
3. Beat . . . . . { 2 egg whites  
2 tbsp. sugar
  4. Add . . . . . 2 egg yolks, well beaten
  5. Whip . . . . . 1 cup cream
  6. Combine carefully whipped cream and egg mixture. Add frozen peach pulp; return to Super-Freezer to continue freezing.

NOTE: Strawberries or other fresh fruits may be substituted for peaches.

## Chocolate Ice Cream

SERVES 6      TIME: APPROXIMATELY 2 to 3 HRS.

1. Melt . . . . . 1½ squares  
unsweetened  
chocolate
2. Add . . . . . 2 cups scalded milk
3. Mix . . . . . { 1 tbsp. cornstarch  
                      { ⅔ cup sugar  
                      { ⅛ tsp. salt
4. Add to chocolate mixture and cook until thickened, stirring constantly. Cool.
5. Pour in ice cube trays and place in Super-Freezer. Freeze to mushy consistency. Remove.
6. Add . . . . . { 1 cup cream,  
                      { whipped  
                      { 1½ tsp. vanilla
7. Return to Super-Freezer—continue freezing.

## Nela Ice Cream

SERVES 12      TIME: APPROXIMATELY 4 to 5 HRS.

1. Beat.....2 egg whites
2. Continue to beat, { 2 tbsp. cornstarch  
adding..... { ¼ cup sugar
3. Add the.....2 egg yolks  
and beat for 5 min.
4. Whip.....1 pt. coffee cream
5. Fold in egg mixture.
6. Add.....1 tbsp. vanilla
7. Pour into dessert tray and place in Super-Freezer to freeze without stirring.

## Vanilla Ice Cream

**SERVES 6      TIME: APPROXIMATELY 2 to 3 HRS.**

1. Soak 5 minutes. . . . { 1 tbsp. gelatin  
1/4 cup cold water
2. Boil to thick syrup. . { 1 cup sugar  
1/2 cup water
3. Add gelatin mixture to syrup—allow to cool.
4. Beat. . . . . 4 eggs  
Add to syrup mixture and beat thoroughly.
5. Add. . . . . 2 cups milk
6. Place mixture in ice cube tray, place in Super-Freezer—freeze until mushy consistency.
7. Whip. . . . . { 1 1/2 cups cream  
2 tsp. vanilla
8. Add to above mixture, return to Super-Freezer to continue freezing.

## Chocolate Candy Ice Cream

SERVES 6      TIME: APPROXIMATELY 2 to 3 HRS.

1. Mix.....

{

$\frac{3}{4}$

cup prepared  
chocolate syrup

2 tsp. confectioners  
sugar

1 tsp. vanilla
2. Pour in ice cube tray, and cool thoroughly.
3. Whip.....2 cups cream
4. Add to chocolate mixture.
5. Break into small  
pieces.....1 bar chocolate nut  
candy
6. Fold into above mixture; return tray to Super-  
Freezer—continue freezing.

## Philadelphia Ice Cream

**SERVES 6      TIME: APPROXIMATELY 2 to 3 HRS.**

1. Soak for 5 minutes. { 2 tsp. gelatin  
1/4 cup cold water
2. Dissolve in.....2 cups scalded milk
3. Add .....1 cup sugar  
Stir until sugar is dissolved.
4. Chill and add.....1 tbsp. vanilla  
Pour into refrigerator tray and freeze to mush.  
Remove and place in bowl and
5. Fold in ..... { 1 pt. cream,  
whipped  
Pinch of salt
6. Return to tray and freeze.



# Frozen Desserts

## Caramel Ice Cream

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Scald.....2 cups milk
2. Caramelize..... $\frac{3}{4}$  cup sugar  
(To caramelize sugar, put sugar into a heavy saucepan, turn on low heat; stir constantly until sugar is melted and brown in color.)
3. Add to milk, stirring constantly.
4. Add..... $\left\{ \begin{array}{l} 1 \text{ tbsp. cornstarch} \\ \frac{1}{8} \text{ tsp. salt} \\ 2 \text{ tbsp. cold milk} \end{array} \right.$   
Stir mixture until thickened. Cool. Pour into ice cube tray. Place in Super-Freezer. Freeze until a mushy consistency.
5. Whip..... $\left\{ \begin{array}{l} 1 \text{ cup cream} \\ 1\frac{1}{2} \text{ tsp. vanilla} \end{array} \right.$
6. Add to caramel mixture. Return to Super-Freezer and continue freezing.

## Pumpkin Ice Cream

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Beat slightly.....1 egg yolk
2. Combine with..... $\left\{ \begin{array}{l} 1 \text{ cup cooked pump-} \\ \text{kin (strained)} \\ \frac{1}{2} \text{ cup milk} \\ \frac{3}{4} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. vanilla} \\ \frac{1}{4} \text{ tsp. cinnamon} \\ \frac{1}{8} \text{ tsp. cloves} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
3. Stir at intervals while beating until dry.....1 egg white
4. Add (to make meringue).....1 tbsp. sugar
5. Chill until nearly frozen.....1 cup coffee cream
6. Beat cream until thick as custard. Add egg white and cream to pumpkin mixture, blend. Pour into dessert tray and freeze without stirring.

## Frozen Grape Sticks

1. Mix.....1 pt. bottle grape juice  
With.....1 cup water
2. Pour into a quick ice cube tray with insert. Freeze to a thick mush, then insert a stick in each cube. Freeze.

## Frozen Custard

**SERVES 6**      **TIME: APPROXIMATELY 2½ to 3 HRS.**

1. Scald in sauce pan...1 pt. milk
2. Mix together and add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup sugar} \\ 2 \text{ tbsp. flour} \\ 3 \text{ egg yolks} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$   
Cook on low heat until thick.  
Remove from range, and chill thoroughly.
3. Fold in..... $\left\{ \begin{array}{l} 3 \text{ egg whites, beaten} \\ \text{stiff with} \\ 3 \text{ tbsp. sugar} \\ 2 \text{ tsp. vanilla} \end{array} \right.$
4. Place in refrigerator tray. Put in Super-Freezer and freeze.

### Variations

1. **Pineapple Ice Cream:** Add 1 cup crushed pineapple to custard. Freeze to a mush and fold in cream. Continue to freeze.
2. **Cocoanut Ice Cream:** Fold in 1 cup of freshly grated cocoanut.
3. **Lemon Custard:** Add 4 tbsp. lemon juice and 1 tsp. of rind to the hot custard. Omit the vanilla.

## Vanilla Mousse

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Soak..... $\left\{ \begin{array}{l} 1 \text{ tsp. gelatin} \\ 2 \text{ tbsp. cold water} \end{array} \right.$
2. Heat.....1 cup milk
3. Add soaked gelatin.
4. Add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup sugar} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
5. Cool mixture, turn into ice cube tray, place in Super-Freezer until mushy consistency.
6. Remove to bowl and beat until frothy.
7. Whip..... $\left\{ \begin{array}{l} 1 \text{ cup cream} \\ 2 \text{ tsp. vanilla} \end{array} \right.$
8. Fold into above mixture; return to tray, place in Super-Freezer, continue freezing.

### Variations

1. Use one-half cup finely crushed cream mint candies, or peppermint sticks, instead of the sugar.
2. Tint a delicate green, serve with chocolate sauce.

# Frozen Desserts

## Lime Sherbet

**SERVES 6**      **TIME: APPROXIMATELY 3 to 4 HRS.**

1. Soak..... { 1 tbsp. gelatin  
                      2 tbsp. water
2. Boil together 10 {  $\frac{3}{4}$  cup sugar  
minutes..... { 1 $\frac{1}{2}$  cups water
3. Dissolve soaked gelatin in hot syrup and cool.
4. Add..... {  $\frac{1}{4}$  cup fresh lime juice  
                       $\frac{1}{3}$  cup orange juice  
                      2 tbsp. lemon juice  
                       $\frac{1}{8}$  tsp. green coloring  
                       $\frac{1}{8}$  tsp. salt
5. Pour mixture in ice cube tray, place in Super-Freezer; freeze to a mush.
6. Remove to a bowl, add unbeaten egg whites, whip together until light and fluffy.
7. Return to Super-Freezer until frozen solidly.

## Cranberry Sherbet

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Cook together 10 { 4 cups cranberries  
minutes..... { 1 cup boiling water
2. Add..... { 2 cups sugar  
                       $\frac{1}{2}$  cup orange juice  
                       $\frac{1}{8}$  tsp. salt
3. Run through sieve and cool.
4. Partially freeze in ice cube tray.
5. Add..... 2 egg whites
6. Beat one minute.
7. Return to Super-Freezer and freeze until firm.
8. Serve in orange shells.

## Lemon Cream Sherbet

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. In..... 1 pt. milk  
Dissolve..... 1 cup sugar  
When thoroughly dissolved—
2. Add..... { Grated rind of 1 lemon  
                      Juice of 2 lemons
3. Stir while adding lemon juice.  
Turn into tray and freeze until firm.
4. Beat..... 2 egg whites
5. Add..... 2 tbsp. sugar
6. Whip to a thick custard consistency.....  $\frac{1}{2}$  pt. cream
7. Combine with the beaten egg whites. Add frozen mixture and mix lightly. Return to tray and freeze. (Requires no stirring.)
8. Serve garnished with..... Sprig of mint

## Red Raspberry Sherbet

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Cook together 5 { 1 cup sugar  
minutes..... { 2 cups water
2. Add..... 1 pkg. raspberry prepared gelatin
3. Dissolve thoroughly and cool until mixture begins to thicken.
4. Wash and drain and put through a sieve..... 1 qt. red raspberries or 1 can red raspberries
5. Add..... Juice—1 lemon,  $\frac{1}{2}$  orange
6. Pour into ice cube tray, place in Super-Freezer 1 $\frac{1}{2}$  hours. Remove mixture to chilled bowl and beat 2 minutes. Return to tray and freeze until firm.

## Butterscotch Parfait

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Melt together..... {  $\frac{2}{3}$  cup brown sugar  
                                  2 tbsp. butter
2. Stir until butter is melted—cool for 1 minute.
3. Add.....  $\frac{1}{2}$  cup water
4. Cook until butterscotch is smooth and syrupy.
5. Beat..... 4 egg yolks
6. Add butterscotch syrup, continue beating. Cook on low heat until light and fluffy.
7. Chill.
8. Whip..... { 1 cup cream  
                          2 tsp. vanilla  
                           $\frac{1}{8}$  tsp. salt
9. Fold into above mixture and pour into ice cube tray. Place into Super-Freezer to freeze.

## Maple Frango

**SERVES 6**      **TIME: APPROXIMATELY 2 to 3 HRS.**

1. Mix together..... {  $\frac{3}{4}$  cup maple syrup scalded  
                                   $\frac{1}{8}$  tsp. salt  
                                  1 tsp. powdered sugar
2. Beat..... 3 egg yolks
3. Pour syrup mixture over egg yolks beating constantly. Cook over low heat 30 minutes. Stir, and cool.
4. Whip..... 3 egg whites
5. Fold into egg mixture.
6. Whip..... 1 $\frac{1}{2}$  cups cream
7. Fold into mixture. Pour into ice cube tray. Place in Super-Freezer. Freeze until right consistency to serve.



# Chilled Desserts

## English Trifle Cake

**SERVES 10**

**LARGE ANGEL CAKE TIN**

1. Bake.....1 **Sunshine or angel food cake**  
Allow to cool. (Bake a day in advance.)
2. Make.....1½ **cups custard**  
Flavored with.....¼ **cup wine**
3. Slice cake through the center, making 3 layers.
4. Arrange first layer on large plate.
5. Moisten with.....**Pineapple juice**
6. Spread with.....**Jam or jelly**  
**Custard**  
**Pineapple wedges**  
**Chopped almonds**
7. Place another layer of cake on top of this and repeat.
8. When the third layer is placed on, moisten with pineapple juice. Using in all...  

1 can sliced pineapple	{	½ cup jam or jelly
½ cup jam or jelly		
1 cup chopped almonds		
9. Place in refrigerator and chill for several hours.
10. When ready to serve frost the cake with...**Whipped cream**
11. Garnish with  
wedges of.....**Pineapple**  
**Cherries and almonds**

## Lemon Chiffon Pie

**SERVES 6 to 8**

**9" PIE SHELL**

1. Soak.....1 **tbsp. gelatin**  
In.....½ **cup cold water**
2. Beat until light.....4 **egg yolks**
3. Add.....  

¼ cup sugar	{	¼ cup lemon juice
¼ cup lemon juice		
½ tsp. lemon rind		
4. Continue to beat. When very light cook with heat turned low, stirring until of custard consistency.
5. Add soaked gelatin and dissolve.
6. Cool. When cool add.....4 **egg whites**  
(beaten)
7. To which has been added.....  

¼ cup of sugar	{	¼ cup lemon juice
¼ cup lemon juice		
½ tsp. lemon rind		
8. Fill baked pie shell and chill.
9. Serve with.....**Thin layer of whipped cream**

## Apricot Refrigerator Cake

**SERVES 10**

**SPRING FORM PAN**

1. Make a.....**Jelly roll**
2. Spread roll with.....**Apricot jam**
3. Roll and allow to stand in refrigerator 2 or 3 hours.
4. Soak.....1½ **tbsp. gelatin**  
In.....½ **cup cold water**
5. Dissolve gelatin.
6. Put through a sieve...2 **cups cooked apricots**
7. Add.....  

1 cup sugar	{	1 tsp. grated orange rind
1 tsp. grated orange rind		
Juice ½ lemon		
Juice ½ orange		
8. Whip and add.....1 **cup cream**
9. Beat.....2 **egg whites**
10. Add.....2 **tbsp. sugar**
11. Fold in dissolved gelatin.
12. Slice Jelly roll and arrange slices around sides of pan.
13. Pour apricot mixture into pan.
14. Place in refrigerator to congeal.
15. Garnish with.....  

Whipped cream	{	and
Apricot sections		

## Floating Island

**SERVES 6**

**SAUCEPAN**

**TIME 12 to 15 MIN.**

1. Beat slightly.....3 **egg yolks**
2. Add.....  

¼ cup sugar	{	⅛ tsp. salt
⅛ tsp. salt		
3. Gradually add to the eggs, stirring constantly.....2 **cups scalded milk**
4. Cook with switch turned to cook and continue stirring until mixture coats a spoon.
5. Cool and add.....1 **tsp. vanilla**
6. Beat until stiff.....3 **egg whites**
7. Adding.....3 **tbsp. powdered sugar**
8. During last part of beating—  
Arrange this meringue in "islands" on the custard. A little jelly, or rubettes, may be placed in center of each "island." Serve cold.

# Chilled Desserts

## Chocolate Surprise Cake

SERVES 8 to 10

RING MOLD

1. Line a deep ring mold with waxed paper. Line bottom and sides with..... 2 doz. lady fingers Place round side up.
2. Melt.....  $\frac{1}{2}$  lb. sweet chocolate
3. Add.....  $\left\{ \begin{array}{l} 4 \text{ tbsp. sugar} \\ 4 \text{ tbsp. water} \\ 4 \text{ egg yolks, beaten} \end{array} \right.$
4. Cook until smooth, stirring constantly.
5. Cool.
6. Add.....  $\frac{1}{2}$  tsp. vanilla
7. Fold in..... 4 egg whites, beaten
8. Pour  $\frac{1}{2}$  mixture into pan.
9. Put another layer of lady fingers over chocolate mixture and add remainder of filling.
10. Cover with waxed paper and place in refrigerator cabinet for several hours.
11. When ready to serve, remove from pan and fill center with..... 1 cup cream, whipped
12. Sprinkle with chocolate shot or chopped nuts. Top with red raspberries.

## Sherry Almond Pudding

SERVES 6

MELON MOLD

1. Soak.....  $\frac{1}{2}$  tsp. gelatin In.....  $\frac{1}{4}$  cup cold water
2. Dissolve in..... 1 cup hot water
3. Cool and add.....  $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup Sherry wine} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$
4. When mixture begins to thicken, beat until frothy.
5. Beat until stiff..... 6 egg whites
6. Add.....  $\frac{1}{4}$  cups sugar Beat until creamy.
7. Fold egg whites and  $\left\{ \begin{array}{l} 1 \text{ cup whipped cream} \\ \frac{1}{2} \text{ tsp. almond extract} \end{array} \right.$  Into beaten gelatin and chill until almost firm.
8. Fill a melon mold—alternating the egg mixture with..... 1 cup shredded almonds
9. Chill. Unmold on plate and garnish with.....  $\left\{ \begin{array}{l} \text{Shredded almonds} \\ \text{Toasted cocoanut} \end{array} \right.$
10. Serve with whipped cream.

## Black Bottom Pie

6 to 8 PORTIONS

9" PIE PLATE

TEMPERATURE 300°

TIME 30 MIN.

1. Roll into fine crumbs... 35 old fashioned ginger snaps
2. Add and mix.....  $\frac{1}{2}$  cup melted butter
3. Pat into a pie plate and bake.

## Foundation Filling

1. Soak.....  $\left\{ \begin{array}{l} 1 \text{ tbsp. gelatin} \\ 2 \text{ tbsp. cold water} \end{array} \right.$
2. Scald..... 2 cups milk
3. Mix and add.....  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup sugar} \\ 1 \frac{1}{2} \text{ tbsp. cornstarch} \end{array} \right.$
4. Beat and add..... 4 egg yolks
5. Cook slowly until thickened.

## Chocolate Filling

1. To 1 cup custard add.....  $\left\{ \begin{array}{l} 1 \frac{1}{2} \text{ squares chocolate melted} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
2. Pour into pie plate.

## Rum Filling

1. Add to remaining hot custard the soaked gelatin.
2. Allow to cool—not stiffen.
3. Beat..... 4 egg whites
4. Add.....  $\left\{ \begin{array}{l} \frac{1}{4} \text{ tsp. cream of tartar} \\ 2 \text{ tsps. rum extract} \\ \frac{1}{2} \text{ cup sugar} \end{array} \right.$
5. Fold meringue into custard, and pour into pie plate.
6. Whip..... 1 cup whipping cream
7. Add..... 2 tbsp. sugar
8. Cover top of pie.
9. Sprinkle over top.....  $\frac{1}{2}$  sq. grated chocolate
10. Store in refrigerator until firm in 9-inch deep Pyrex pie plate.

## Apple Butter Roll

SERVES 6

1. Whip stiff..... 1 cup whipping cream
2. Fold in.....  $\frac{1}{2}$  cup apple butter
3. Spread between..... 1 box vanilla wafers
4. Frost with remaining and store in refrigerator.



# Dessert Sauces

## Foundation Recipe for Dessert Sauce

### SAUCEPAN

TIME 8 to 10 MIN.

1. Mix together . . . . . {  $\frac{1}{2}$  cup sugar  
1 tbsp. cornstarch  
 $\frac{1}{8}$  tsp. salt
2. Gradually add . . . . . 1 cup boiling water
3. Cook with switch turned to low position until thick, stirring constantly.
4. Add . . . . . { 1 egg yolk  
2 tbsp. butter
5. Cook for 3 minutes.
6. Add . . . . . { 1 egg white beaten  
1 tsp. vanilla

### Variations

**Lemon Sauce:** Add to the foundation sauce, 2 tbsp. lemon juice and 1 tsp. of grated rind. Omit the vanilla.

**Nutmeg Sauce:** Add to the foundation sauce  $\frac{1}{2}$  to  $\frac{3}{4}$  tsp. nutmeg.

**Chocolate Sauce:** Add to the foundation sauce 1 square of grated chocolate.

**Raisin Nut Sauce:** To the foundation recipe add  $\frac{1}{2}$  cup raisins and nuts, cut fine, and 1 tsp. orange rind.

## Foamy Orange Sauce

### MIXING BOWL

TIME 1 to 2 MIN.

1. Beat until stiff . . . . . 3 egg whites
2. Add gradually . . . . . 1 cup powdered sugar
3. Beat thoroughly.
4. Add . . . . . { Juice 1 orange  
Juice 1 lemon  
Rind of 1 orange
5. Mix thoroughly.

## Custard Sauce

### SAUCEPAN

TIME 8 to 10 MIN.

1. Scald . . . . .  $1\frac{3}{4}$  cups milk
2. Beat . . . . . 3 egg yolks
3. Add mixed together { 1 tbsp. cornstarch  
 $\frac{1}{3}$  cup sugar  
 $\frac{1}{4}$  tsp. salt
4. Add . . . . .  $\frac{1}{4}$  cup milk
5. Add egg mixture to scalded milk, continue cooking on low heat until thick, or coating forms on spoon. Cool.
6. Add . . . . . 1 tsp. vanilla

## Butter Sauce

### SAUCEPAN

1. Melt . . . . .  $\frac{1}{2}$  cup butter
2. Add . . . . . 1 cup sugar
3. Add . . . . .  $\frac{3}{4}$  cup cream
4. Bring to boil on high heat. Turn unit off and cook 10 min. on stored heat.

NOTE: Brown sugar may be substituted for the white sugar.

## Fudge Sauce

### SAUCEPAN

1. Cut finely . . . . . 2 squares chocolate  
(or use  $\frac{1}{2}$  cup cocoa)
2. Add . . . . . 1 cup water
3. Cook until thoroughly dissolved.
4. Add . . . . . { 2 cups sugar  
 $\frac{1}{8}$  tsp. salt  
2 tbsp. butter
5. Cook five minutes.
6. Add . . . . . 2 tsp. vanilla

## Butterscotch Sauce

### SAUCEPAN

TIME 10 to 12 MIN.

1. Cook together . . . . . {  $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup brown sugar  
2 tbsp. corn syrup  
 $\frac{1}{4}$  cup cold water
2. Cook on low heat until a little dropped in cold water becomes quite brittle (260° F.). Remove from heat.
3. Add . . . . . {  $1\frac{1}{2}$  tbsp. butter  
 $\frac{1}{4}$  cup hot water  
 $\frac{1}{2}$  tsp. vanilla

## Hard Sauce

### FLAT PAN

1. Cream . . . . .  $\frac{1}{3}$  cup butter
2. Add and mix . . . . . 1 cup confectioners' sugar
3. Add . . . . . 1 tsp. vanilla flavoring
4. Pack into a small pan and place in the refrigerator until very firm.

### Variations

1. Add 1 tsp. rum for added flavor.
2. Add lemon rind.
3. Add a dash nutmeg.
4. Add a sprinkle of cinnamon.
5. Cream may be added, with more sugar to make more sauce.

# Breads

## Yeast Bread

THREE 2-LB. BREAD TINS YIELD: 6 LBS.  
TEMP. 400° TIME 45 MIN. to 1 HR.

1. In..... $\frac{1}{2}$  cup milk
2. Dissolve.....2 yeast cakes
3. Scald.....2 cups milk  
Cool until lukewarm.
4. Add..... $\left\{ \begin{array}{l} 2\frac{1}{2} \text{ cups water} \\ \text{dissolved yeast} \\ \frac{1}{4} \text{ cup sugar} \\ \frac{1}{3} \text{ cup melted} \\ \text{shortening} \\ 4 \text{ cups flour} \end{array} \right.$
5. Beat vigorously one to two minutes.
6. Cover and allow to rise  $\frac{1}{2}$  hr. This aids in producing a fine textured bread.
7. After 30 minutes,  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tbsp. salt} \\ \text{add.....} \end{array} \right. \left\{ \begin{array}{l} 8 \text{ to } 10 \text{ cups flour} \end{array} \right.$
8. Knead until elastic to touch.
9. Cover and let rise until double in bulk.
10. Shape into loaves.
11. Let rise double in bulk.
12. Brush with milk and bake.

NOTE: If recipe is doubled 12 lbs. bread can be baked at one time. At end of 30 min. change position of bread on shelves for even browning and bake 30 minutes longer.

## Holland Rolls

SERVES 8 COOKY SHEET TEMP. 425° TIME 20 MIN.

1. Dissolve.....2 yeast cakes
2. In..... $\frac{1}{2}$  cup warm water
3. Scald..... $1\frac{1}{3}$  cups milk
4. Cool to lukewarm.
5. Add..... $\left\{ \begin{array}{l} 4 \text{ tbsp. sugar} \\ \frac{2}{3} \text{ tsp. salt} \\ 2 \text{ eggs} \end{array} \right.$
6. Add and mix.....4 cups flour
7. Turn out into a bowl and place in warm place to rise about 1 hour.
8. Turn out on a well floured board.
9. Fold over with a bit of flour, then pat out to  $\frac{1}{2}$  inch thick.
10. Spread with..... $1\frac{1}{2}$  cups creamed butter
11. Fold over and pat out four times. Roll to  $\frac{1}{4}$  inch thick. Cut into strips and twist each strip. Place on a cooky sheet. Brush with melted butter. Let raise one hour or until light. Dough may be rolled into six inch diameter rounds. Cut into pie shape pieces. Roll starting with large end.

NOTE: Cheese rolls may be made by inserting a small strip of cheese on pie shape piece and roll.

## Butter Flake Rolls

MUFFIN TINS TEMP. 425° TIME 15 to 20 MIN.

1. Crumble.....2 yeast cakes
2. Add..... $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup sugar} \\ 1\frac{1}{2} \text{ cups lukewarm} \\ \text{milk} \\ \frac{1}{2} \text{ cup melted} \\ \text{butter} \end{array} \right.$
3. Sift and measure.... $4\frac{1}{2}$  cups flour
4. Add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ tsp. soda} \\ 1 \text{ tsp. salt} \end{array} \right.$
5. Add yeast mixture to flour and beat vigorously. Set aside to rise double in bulk.
6. Roll to  $\frac{1}{4}$  inch thickness. Cut in 2 inch strips.
7. Brush with.....Melted butter
8. Pile 5 or 6 buttered strips together. Cut in squares. Place in well greased buttered muffin tins. Let rise until light.
9. Bake.

## Refrigerator Rolls

MED.-SIZED MUFFIN TINS YIELD: 18 SMALL ROLLS  
TEMPERATURE 425° TIME 15 to 25 MIN.

1. Scald.....1 cup milk
2. Dissolve..... $\left\{ \begin{array}{l} 1 \text{ yeast cake} \\ 1 \text{ tbsp. sugar} \end{array} \right.$   
In..... $\frac{1}{4}$  cup scalded milk cooled to lukewarm temperature.
3. To remaining  $\frac{3}{4}$   $\left\{ \begin{array}{l} 1 \text{ tsp. salt} \\ \text{cup milk add.....} \end{array} \right. \left\{ \begin{array}{l} 5 \text{ tbsp. lard} \end{array} \right.$
4. Combine mixture and add about.....4 cups flour beating in electric mixer.
5. If dough is to be used immediately, turn out on floured board and knead, adding necessary flour. Then form into rolls and allow to double in bulk. Bake.
6. If dough is to be stored in refrigerator, cover with waxed paper after adding first four cups of flour and store.

### Variations

**Swedish Coffee Ring:** Roll refrigerator dough  $\frac{1}{2}$  inch thick, brush with butter, sprinkle generously with nuts and brown sugar. Roll as jelly roll. Shape into ring or ring mold. Garnish with raisins, cherries, nuts and brown sugar. Allow to rise and bake.

**Nut and Prune Buns:** To the refrigerator rolls, add  $\frac{1}{2}$  cup chopped nuts and 1 cup prunes, cut fine, 1 tsp. baking powder. Make into buns, allow to rise, sprinkle with cinnamon sugar and bake 20 minutes at 425°.



# Breads

## Honey Twist Coffee Cake

SERVES 6

9" CAKE PAN TEMP. 375° TIME 25 to 30 MIN.

1. Scald..... 1 cup milk
2. Add.....  $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup butter} \\ \frac{1}{2} \text{ cup sugar} \\ 1 \text{ tsp. salt} \end{array} \right.$   
Cool to lukewarm.
3. Crumble and add... 2 cakes compressed yeast
4. Add..... 2 eggs well beaten
5. Beat in to make a soft dough..... 5 cups sifted flour (about)
6. Knead until smooth. Form into a ball, place in a greased bowl, cover and let rise until double in bulk. Form into a long roll about 1 inch in diameter. Coil the roll into a greased 9 inch cake pan, beginning at the outside edge and covering the bottom.
7. Cream together..  $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup butter} \\ \frac{2}{3} \text{ cup confectioners' sugar} \\ 1 \text{ egg white} \\ 2 \text{ tbsp. honey} \end{array} \right.$
8. Spread over twist in pan.
9. Sprinkle with.....  $\frac{1}{2}$  cup chopped nuts
10. Bake.

## Quick Coffee Cake

9" SQUARE PAN TEMP. 400° TIME 20-30 MIN.

1. Sift together.....  $\left\{ \begin{array}{l} 2\frac{1}{2} \text{ cups flour} \\ 4 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup sugar} \end{array} \right.$
2. Add.....  $\frac{2}{3}$  cup raisins
3. Combine and add to above mixture..  $\left\{ \begin{array}{l} 1 \text{ egg} \\ \frac{1}{3} \text{ cup melted fat} \\ 1 \text{ cup milk} \end{array} \right.$
4. Mix well.
5. Turn into buttered pan, 9 inches square. Sprinkle liberally with cinnamon and sugar.

## Banana Bread

BREAD PAN TEMP. 350° TIME 50-60 MIN.

1. Cream together...  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup shortening} \\ 1 \text{ cup sugar} \end{array} \right.$
2. Add, one at a time and beat well..... 2 eggs  
2 bananas crushed  
 $\frac{1}{4}$  cup nutmeats
3. Add.....  $\left\{ \begin{array}{l} 2 \text{ cups bread flour sifted with} \\ 1 \text{ tsp. soda} \\ 1 \text{ tsp. salt} \end{array} \right.$
4. Bake. Pan should be well oiled.

## Orange Nut Bread

BREAD TIN TEMPERATURE 350°

YIELD: 1—2-LB. LOAF TIME 50 to 60 MIN.

1. Sift together.....  $\left\{ \begin{array}{l} 4 \text{ cups flour} \\ 1\frac{1}{4} \text{ cups sugar} \\ 4 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
2. Add.....  $\left\{ \begin{array}{l} 1\frac{1}{4} \text{ cups nut meats} \\ 1\frac{1}{4} \text{ cups orange peel, cut fine} \end{array} \right.$
3. Beat..... 2 eggs
4. Add.....  $\left\{ \begin{array}{l} 2 \text{ cups milk} \\ 4 \text{ tbsp. melted shortening} \end{array} \right.$
5. Mix together well.
6. Turn into buttered bread pan and bake.

## Nut Bread

BREAD TIN TEMPERATURE 350°

YIELD: 1—2-LB. LOAF TIME 50 to 60 MIN.

1. Sift together.....  $\left\{ \begin{array}{l} 3 \text{ cups flour} \\ 6 \text{ tsp. baking powder} \\ 1\frac{1}{4} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup sugar} \\ 1 \text{ cup chopped nuts} \\ 1\frac{1}{2} \text{ cups milk} \end{array} \right.$
2. Add.....  $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup melted shortening} \\ 1 \text{ egg} \end{array} \right.$
3. Mix together thoroughly.
4. Pour into buttered bread pan and bake.

## Harvest Bread

1 LOAF LOAF PAN TEMP. 375° TIME 1 HR.

1. Sift.....  $\left\{ \begin{array}{l} 2 \text{ cups flour} \\ 4 \text{ tsp. baking powder} \\ \frac{3}{4} \text{ cup sugar} \\ \frac{1}{4} \text{ tsp. salt} \\ \frac{1}{4} \text{ cup chopped candied citron} \\ \frac{1}{4} \text{ cup currants} \end{array} \right.$
2. Add.....  $\left\{ \begin{array}{l} 2 \text{ tbsp. chopped candied cherries} \\ 2 \text{ tbsp. chopped candied lemon peel} \\ \frac{1}{2} \text{ cup chopped nuts} \end{array} \right.$
3. Beat..... 2 eggs
4. Combine with.....  $\left\{ \begin{array}{l} 1 \text{ cup milk} \\ 3 \text{ tbsp. melted shortening} \end{array} \right.$
5. Add the combined liquids to flour mixture and stir just enough to moisten the flour. Pour into well greased loaf pan.







# Breads

## Raisin Bread

- BREAD PAN      TEMP. 350°      TIME 50-60 MIN.
- Mix together .....
    - 1/2 cup sugar
    - 1/2 cup molasses
    - 1 tsp. salt
    - 3 cups whole wheat flour
    - 1 cup white flour
    - 2 cups sour or buttermilk
    - 1 tsp. baking soda
    - 1 cup raisins
  - Pour into three No. 2 round tin cans which have been well greased.

## Prune Bread

- BREAD PAN      TEMP. 350°      TIME 50-60 MIN.
- Cream .....
    - 1 tbsp. shortening
    - 1 cup sugar
  - Add ..... 1 egg
  - Add .....
    - 1 cup quartered prunes (which have been steamed in 1 cup water)
    - 2 cups flour
    - 1 cup whole bran
  - Sift together .....
    - 1/2 tsp. salt
    - 1/2 tsp. soda
    - 6 tsp. baking powder
  - Mix .....
    - 1 cup sour milk
    - 1/2 cup prune juice
  - Add alternately dry ingredients and liquids to first mixture.
  - Mix thoroughly.
  - Add ..... 1 cup nut meats
  - Pour into well greased 2 lb. bread pan.
  - Bake.

## Corn Bread

- 8" SQUARE PAN      TEMP. 450°      TIME 25-30 MIN.
- Beat ..... 1 egg
  - Add .....
    - 2 cups sour milk
    - 2 tbsp. melted shortening
  - Sift together and add .....
    - 1 1/2 cups cornmeal
    - 1 cup flour
    - 3/4 tsp. soda
    - 2 tsp. baking powder
    - 1 tsp. salt
  - Mix lightly.
  - Turn into greased shallow pan, 8 inches square x 2 inches deep, and bake.

## Date and Nut Bread

- BREAD PAN      TEMP. 350°      TIME 50-60 MIN.
- Grate ..... Rind of one orange
  - Extract ..... Juice of one orange
  - Place orange in cup and fill cup with ..... Boiling water
  - Cream ..... 2 tbsp. butter
  - Add ..... 1 cup sugar
  - Mix and add ..... 1 egg
    - 2 cups flour
    - 1 tsp. baking powder
    - 1/4 tsp. salt
    - 1 tsp. soda
  - Sift .....
    - 1 cup dates
    - 1/2 cup chopped nuts
  - Add water and dry ingredients.
  - Add .....
    - 1 cup dates
    - 1/2 cup chopped nuts
  - Bake in a 2 lb. bread pan well greased.

## Whole Wheat Bread

- 2 BREAD PANS      TEMP. 350°      TIME 1 HR.
- Mix .....
    - 1/4 cup of sugar
    - 2 tsp. melted butter
    - 3 eggs
    - 1/2 cup molasses
  - Sift and measure .....
    - 1 1/2 cups of flour
    - 2 tsp. soda
  - Add .....
    - 1 cup of pitted dates
    - 1/2 cup nut meats
    - 1 tsp. salt
  - Mix together and add .....
    - 2 cups of buttermilk
    - 2 1/2 cups of whole wheat flour
  - Bake in 2 bread pans or 3 No. 2 tin cans.

## Southern Corn Sticks

- CORNSTICK MOLDS      YIELD: 8  
TEMPERATURE 425°      TIME 20 MIN.
- Beat ..... 2 eggs
    - 2 cups sour milk
    - 3 tbsp. melted shortening
    - 1 tbsp. sugar
    - 1 tsp. salt
  - Add .....
    - 1 1/2 cups corn meal
    - 3/4 cup flour
    - 3 tsp. baking powder
    - 1 tsp. soda
  - Sift together .....
    - 1 1/2 cups corn meal
    - 3/4 cup flour
    - 3 tsp. baking powder
    - 1 tsp. soda
  - Combine with first mixture and pour into buttered molds and bake.

# Breads

## Baking Powder Biscuits

1—10" COOKIE SHEET  
TEMPERATURE 475°

YIELD: 15—2" BISCUITS  
TIME 10 to 15 MIN.

1. Sift together.....
 

{	2 cups flour
	4 tsp. baking powder
	1 tsp. salt
2. Put in with pastry blender or fork.....
3. Add.....
4. Mix carefully.
5. Turn out on floured board.
6. Cut and arrange on cookie sheet.

## Buttermilk Biscuits

1—10" COOKIE SHEET  
TEMPERATURE 475°

YIELD: 15—2" BISCUITS  
TIME 10-15 MIN.

1. Sift together.....
 

{	2 cups flour
	2 tsp. baking powder
	½ tsp. salt
	¼ tsp. soda
2. Cut in with pastry blender or fork.....
3. Add.....

## Peach Twirls

12 CAKES

TEMP. 450°

TIME 15 to 20 MIN.

1. Mix and sift together.....
 

{	2 cups flour
	4 tsp. baking powder
	1 tsp. salt
	1 tbsp. sugar
2. Add and mix well....
3. Add.....
4. Toss on floured board and roll ¼" thick and about 12" long and 6" wide. Dot with soft butter. Sprinkle generously with brown sugar. Spread one to one and one-half cups of chopped peach pulp (that has been drained) over the brown sugar.
5. Roll lengthwise as for jelly roll. Slice in ¾ inch rounds and place each round in a buttered muffin cup.

## Quick Cinnamon Rolls

Roll Baking Powder Biscuit dough to ¼ inch thickness. Spread generously with melted butter, brown sugar and cinnamon. Roll like a jelly roll. Cut into ½ inch slices. Melt butter in bottom of a shallow pan, add pecans, and brown sugar. Place rolls cut side down in pan. Bake like Peach Twirls.

## Plain Muffins

MUFFIN TINS  
TEMPERATURE 425°

YIELD: 1 DOZEN  
TIME 15-25 MIN.

1. Sift together.....
 

{	2 cups flour
	½ tsp. salt
	1 tbsp. sugar
	4 tsp. baking powder
2. Combine and add.
 

{	1 egg
	1 cup milk
	3 tbsp. melted shortening
3. Mix well.
4. Fill greased muffin pans ¾ full.

## Griddle Cakes

YIELD: 8

GRIDDLE

TIME 2 to 3 MIN.

1. Beat.....
 

{	1 egg
	¾ cup milk
2. Add.....
 

{	3 tbsp. melted butter
---	-----------------------
3. Sift together.....
 

{	1½ cups flour
	3½ tsp. baking powder
	3 tbsp. sugar
	¾ tsp. salt
4. Mix together thoroughly.
5. Bake on heated griddle pan.

## Waffles

YIELD: 6

WAFFLE IRON

TIME 2-3 MIN.

1. Beat together.....
 

{	2 egg yolks
	1½ cups milk
	6 tbsp. melted shortening
	2 tbsp. sugar
2. Sift together and add.....
 

{	2 cups flour
	3 tsp. baking powder
	½ tsp. salt
3. Mix well.
4. Fold in.....
5. Bake in hot waffle iron.

## Pop-Overs

POP-OVER TINS or PYREX CUPS  
TEMPERATURE 425°

YIELD: 8  
TIME 45-60 MIN.

1. Beat.....
 

{	3 eggs
	1 cup milk
	½ tsp. salt
2. Add.....
 

{	2 tsp. melted butter
	1 cup flour
3. Beat thoroughly about one minute.
4. Pour into well-buttered pop-over cups and bake. It is not necessary to preheat the cups.



# Sandwiches

## Sandwich Making

1. **The Bread:** Bread for sandwiches should be a day old. Select bread of close, even texture, white, rye, wholewheat, etc. Slice the bread with a **very** sharp knife. The bread may be toasted.
2. **The Butter Spread:** The butter should be soft and creamed well, do not melt butter for sandwiches. Flavor the butter as desired. Lemon, onion, chives, anchovy, deviled ham, etc., may be used. Spread evenly on the bread.
3. **The Filling:** Any food that harmonizes with the bread being used. It is rather difficult to give a great many sandwich recipes. The charm of sandwich making depends upon one's imagination.
4. **Shaping the Sandwiches:** Sandwiches may be cut into fancy shapes, using various cutters, sharp knives, etc. The sandwich may be made with two pieces of bread or open face style. The open face type is very popular at the present time. Other types of sandwiches such as rolled, pinwheel, cartwheel, checkerboard and cornucopia are also popular.
5. **Garnishing Sandwiches:** Minced parsley, sliced olives, creamed cheese put on with pastry bag, grated egg yolk and egg whites, tomato flower or slices, toasted nuts, filled cherries, watercress, etc.
6. **Keeping Sandwiches:** If preparing the sandwiches in advance, they should be wrapped in waxed paper and stored in the refrigerator. Do not add lettuce or salad greens until just before serving.

### Sandwich Fillings for Any Kind of Sandwiches

1. Cream cheese, olives and mayonnaise.
2. Deviled ham, pickle and mayonnaise.
3. Peanut butter and chow chow.
4. Minced corned beef and horseradish.
5. Cottage cheese and chopped chives.
6. Sardine paste with lemon juice and parsley.
7. Cream cheese, and jelly or orange marmalade.
8. Peanut butter and chopped dates moistened with mayonnaise.
9. Peanut butter and chopped ginger moistened with mayonnaise.
10. Beef, veal, ham or lamb loaf with Russian dressing.
11. Mashed liverwurst with mayonnaise.
12. Roquefort cheese, celery and mayonnaise with dill pickle.

## Surprise Loaf

1. Remove crust from.... 1 loaf sandwich bread
2. Slice lengthwise in thirds.
3. Spread one slice of bread with..... 

{	Mayonnaise 1¼ cups chopped raw cabbage ½ cup shredded lettuce
---	---------------------------------------------------------------------
4. Then with..... 

{	1 pimento chopped Mayonnaise enough to moisten
---	---------------------------------------------------
5. Cover with second slice of bread..... 2 cups of cheese relish  
spread with mayonnaise and.....
6. Mash..... ¼ pound cream cheese
7. Press through sieve or grate..... ½ pound yellow or snappy cheese
8. Mix with..... Enough thin cream to make a soft spreading consistency
9. Season with..... Salt, pepper, paprika
10. Spread on outside of loaf.
11. Store in refrigerator until well chilled.

## Checkerboard Sandwiches

1. Cut 3 slices of white and 3 slices of wholewheat bread in ½ inch slices. Remove the crust.
2. Spread a slice of white bread with filling (cream cheese or deviled ham spread) placed on a wholewheat slice, spread with filling and top with white bread.
3. Repeat this process beginning with wholewheat so that a slice of white bread is the middle layer.
4. Chill and trim each pile evenly and cut into 1 inch strips.
5. Spread each strip with sandwich filling and put together to form a checkerboard design. (A white block alternating with a dark.)
6. Wrap in waxed paper and place in refrigerator to chill.
7. When ready to serve slice about ¼ inch thick.

# Left-Overs

## Ham Mousse

SERVES 6

RING MOLD

1. Soak for 5 min. .... { 1 tbsp. gelatin  
1/4 cup cold water
2. Melt ..... 1 1/2 tbsp. butter
3. Add ..... 1 1/2 tbsp. flour
4. Stir flour and butter until smooth.
5. Add ..... { 1 cup milk  
Salt, pepper, paprika  
1/2 tsp. Worcestershire sauce
6. Cook until thickened, stirring constantly. Add dissolved gelatin, remove from heat and cool.
7. Fold in ..... { 2 cups minced ham  
2 tbsp. green peppers  
1 cup cream, whipped
8. Pour into mold and place in cabinet to chill. Remove from mold and fill center with lettuce. Garnish with radish roses.

## Escalloped Pork and Cabbage

SERVES 6

TEMP. 375°

TIME 25 to 30 MIN.

1. Slice thinly ..... 2 cups cooked pork
2. Chop ..... 1 1/2 cups cabbage
3. Line buttered casserole with cabbage, thin layer pork, etc.  
Pour over all ..... 1 1/2 cups thin white sauce
4. Sprinkle top with ..... 1/4 cup buttered bread crumbs
5. Bake.

## Stuffed Egg Plant

TEMPERATURE 350°

TIME 30-45 MIN.

1. Cut slice from top of ... 1 good sized egg plant
2. Scoop out the center to within 1/2 inch of outer skin.
3. Peel ..... 1 cup raw mushrooms
4. Chop mushrooms and egg plant meat.
5. Saute in ..... Butter
6. Add ..... { 1/2 cup chopped onion  
1 cup minced cooked ham  
Salt and pepper
7. Fill egg plant shell, sprinkle top with buttered bread crumbs.
8. Bake, garnish with pimento strips.

## Turkish Lamb

SERVES 6

SKILLET

TIME 30 MIN.

1. Melt in skillet ..... 2 tbsp. butter
2. Add ..... { 1 onion chopped  
1/2 cup uncooked rice (washed and dried)
3. Cook on low heat until rice is brown.
4. Add ..... { 1 cup water  
1 1/2 cups cooked lamb (diced)  
1 cup tomatoes  
1 tbsp. horseradish  
1 tsp. salt  
1/8 tsp. pepper  
Bud of garlic
5. Cook on high heat until steaming, turn low and complete cooking.

## Acorn Squash Stuffed with Ham and Rice

SERVES 6

TEMP. 400°

TIME 35 MIN.

1. Cut in three pieces. ... 6 Acorn squash
2. Steam until tender.
3. Combine ..... { 2 cups cooked ham (ground)  
2 cups cooked rice  
3 tbsp. onion minced  
2 tbsp. minced parsley  
1 tsp. Worcestershire sauce  
Dash of Tabasco sauce
4. Stuff the squash with mixture.
5. Sprinkle top with buttered bread crumbs. Bake and serve with cheese sauce.

## Corned Beef Hash

SERVES 6

SKILLET

TIME 20 to 30 MIN.

1. Cut finely ..... 3 cups cooked corned beef
2. Add ..... { 1 onion minced  
2 cups chopped cooked potatoes  
3 tbsp. milk  
Pepper to season
3. Melt in skillet ..... 2 tbsp. butter
4. Add corned beef mixture and heat through. Cook until brown. Serve with poached eggs. Garnish with parsley.



# Left-Overs

## New Combinations of Left-Overs Broiler Pan Menus

### Grilled Pork Loin with Pineapple, Brownied Sweet Potatoes, Onions

TO COOK: Arrange sliced cold pork on rack of broiler pan and on top of the pork arrange pineapple rings which have been drained and dipped in butter. Around the pork, arrange cooked sweet potatoes and onions. Cook with oven switch on BROIL, until vegetable and pineapple are brown and thoroughly heated.

### Roast Beef with Horseradish Butter, Toasted Potatoes, Green Beans

TO COOK: Spread sliced cold beef with horseradish butter and arrange on rack of broiler pan and at the same time place the cooked potatoes dipped in butter and crumbs on the rack. Place the beans in the broiler pan and the rack with beef and potatoes over it. Cook in oven with switch on BROIL 15 to 20 minutes.

### Broiled Ham Rolls (with Baked Beans), Stuffed Prunes, Broccoli

TO COOK: Spread slices of ham with mustard, add a little onion to baked beans and place a spoonful on each piece of ham. Roll ham around the beans and fasten with toothpicks. Brush over with soft butter and arrange on rack of broiler pan. Stuff the prunes with cheese—and butter the broccoli—arrange on rack. Cook in the oven with switch on BROIL 10 to 15 minutes.

## Turkey Souffle

SERVES 6 CASSEROLE TEMP. 375° TIME 25-35 MIN.

1. Cut finely.....2 cups left over turkey
2. Add to.....1 cup medium white sauce
3. Add..... { Salt, pepper, paprika  
3 egg yolks
4. Fold into mixture.....3 egg whites beaten until stiff
5. Turn into buttered casserole. Sprinkle with buttered crumbs and bake.
6. Serve with mushroom gravy and cranberry sauce.

NOTE: May use any kind of left over meats.

## Chicken a la King

SERVES 6 SKILLET TIME 15 to 20 MIN.

1. Melt in skillet.....4 tbsp. butter
2. Add..... { 1 cup mushrooms  
1 green pepper, chopped
3. Add.....2 tbsp. flour
4. Mix thoroughly.
5. Add.....1 cup chicken broth
6. Cook until thick.
7. Add.....2 cups diced chicken
8. Cook 5 min. on Low heat.
9. Beat..... { 2 eggs  
1 cup sour cream
10. Add.....1 pimento, chopped
11. Combine ingredients and heat 1 to 2 minutes (do not cook).
12. Add..... { 2 tbsp. sherry  
Salt and pepper
13. Serve on toast, pop-overs or patty shells.

## Chartreuse of Meat and Rice

1. Season.....2 cups chopped cooked meat
2. With..... { 1 tsp. salt  
1/4 tsp. pepper
3. Mix with.....3/4 cup fine soft bread crumbs
4. Add.....Enough stock to make it pack easily
5. Line a thoroughly buttered mold with.....3 cups cooked rice
6. Fill with meat mixture and cover with.....1 cup cooked rice  
Cover tightly and bake at 350° F., for one hour.
7. Serve with.....Tomato Sauce

NOTE: The preparation may be done ahead and the covered mold kept in the refrigerator until time to bake.

## Chocolate Cake Pudding

SERVES 6 TIME 2 HRS.

1. Crumble.....1 1/2 cups stale Devil's Food cake and icing
2. Whip..... { 1 cup cream  
1 tsp. vanilla
3. Combine cake crumbs and cream, turn into refrigerator tray and freeze.

# Candies

## Date Roll

SAUCEPAN

TIME 8 to 10 MIN.

1. Combine . . . . . { 2 cups sugar  
1 cup milk
2. Cook to soft ball stage (234° F.).
3. Add . . . . . 1 pkg. dates, cut fine  
Allow to melt.
4. Cool slightly and beat until creamy.
5. Add . . . . . 2 cups chopped nuts
6. Pour on to a damp tea towel and roll to form a roll 1 1/2" in diameter.  
Roll in . . . . . 1 cup nuts cut fine
7. Allow to stand in refrigerator 2 to 3 hours.
8. Cut in slices 1/2" thick.

## Cocoanut Apricot Balls

SAUCEPAN

TIME 8 to 10 MIN.

1. Steam . . . . . 3/4 cup apricots  
about 5 min. in . . . . . 1/2 cup water
2. Cool and put through food chopper or chop fine.
3. Add . . . . . { 1/3 cup cocoanut  
3/4 cup pecans  
1 tbsp. lemon juice  
1 tsp. lemon rind  
1 tbsp. orange juice
4. Mix together thoroughly.
5. Form into balls.
6. Roll in . . . . . Confectioners' sugar
7. Then roll in . . . . . Colored cocoanut
8. Place in refrigerator for several hours.

## Penoche

SAUCEPAN

TIME 15 to 20 MIN.

1. Mix . . . . . { 3 cups of brown sugar  
1 cup of milk
2. Cook until mixture reaches softball stage or (238° F.). Remove from heat.
3. Add . . . . . { 2 tbsp. butter  
1 tsp. vanilla
4. Cool without stirring.
5. When candy is lukewarm beat until very creamy.
6. Add . . . . . 1 cup nut meats
7. Pour into a greased pan.
8. When cold cut in squares.

## Chocolate Fudge

SAUCEPAN

TIME 12 to 16 MIN.

1. Mix together . . . . . { 3 cups sugar  
3 tbsp. light Karo  
1 cup water  
3 squares chocolate, cut fine
2. Cook to soft ball stage or 234° F.
3. Add . . . . . { 1/3 cup butter  
1/2 tsp. vanilla  
1/8 tsp. salt
4. Let cool.
5. Beat until creamy and add . . . . . 1 cup chopped nuts
6. Pour into buttered pan.
7. Allow to cool and cut in squares.

### Variations

**Black Walnut Fudge:** Omit the chocolate. Add 1 cup of milk in place of water, add 1 cup of black walnut meats.

**Caramel Fudge:** Caramelize 1 cup of the sugar. Omit the chocolate and cook the same as chocolate fudge. 1 cup of toasted almonds crushed is delicious with this.

**Tutti-Frutti Roll:** To the chocolate fudge add 1 cup of chopped dates, 1/2 cup cherries, and 1/2 cup raisins.

## Whipping Cream Fudge

SAUCEPAN

TIME 15 to 20 MIN.

1. Mix together . . . . . { 1 cup white sugar  
1 cup light brown sugar  
1/2 tsp. salt  
1 cup whipping cream
2. Boil until forms a hard ball in cold water or (230° F.). Remove from heat.
3. Add . . . . . { 4 tbsp. butter  
1/2 cup chopped nuts  
1 tsp. vanilla
4. Let cool. Beat until creamy. Roll into rolls in waxed paper and store in refrigerator until thoroughly chilled.

This candy should be stored in the refrigerator until ready to serve. Candy will remain creamy for several weeks.



# High Altitude Cookery .. Oven Cookery

THE RECIPES and directions for cooking given in this book have been developed and tested at approximately sea-level altitudes. In localities where the altitude is higher than 3,500 feet we recommend that the recipes be modified slightly. The following information will assist in serving as a guide.

## Oven Cookery

**Baking:** As a rule any cake, cookie, or biscuit recipe may be used interchangeably at any altitude between sea-level and 3,500 feet. Around 3,500 feet or above the recipes usually need to be modified.

**Cakes:** Important Factors in High Altitude Baking.

1. **Sugar:** From tests made by food authorities at various altitudes it has been found that the sugar proportion is one of the most important factors in cake baking. There must be a slight decrease in the amount of sugar as the altitude increases.

**Effect of Incorrect Proportion:** (a) Texture. If too much sugar is used, the cake will be crumbly and of loose texture. (b) Outside appearance. The crust will have a gummy, crackled appearance.

2. **Moisture:** Evaporation takes place rapidly at high elevations, therefore more moisture is needed to produce a moist cake or biscuit.

3. **Temperature:** The temperature will remain approximately the same as given in the time table. In locations where altitudes are 4,000 feet or more you may find it necessary to slightly increase the temperature as the altitude increases. However, this increase is very slight, 3 to 5 degrees, or bake a few minutes longer.

## Baking Quick Breads

In baking these foods the amount of baking powder should be slightly decreased about  $\frac{1}{4}$  teaspoon in the standard baking powder biscuit, muffin or nutbread recipe. Increase the moisture slightly.

## Canning and Preserving

The canning and preserving of fruits and vegetables in high altitudes require a longer processing time. Non-acid vegetables and all meats are best canned in the pressure cooker.

## Meat Cookery

In localities where the altitude is higher than 3,500 feet the cooking time should be slightly increased. In roasting meats add five to eight minutes per pound of meat cooked. For example, at a 4,500 foot altitude, in cooking a roast of beef medium done, cook 35 minutes per pound at a temperature of 350°. Add the additional time to the time suggested in the Meat Cookery Time Table.

## Oven Meal Cookery

Oven meals require a longer cooking time in localities where the altitude is higher than 3,500 feet. Time the roast 35 minutes per pound of meat—or vegetables should be cooked for 20 to 30 minutes longer.

## Layer Cake

(Adapted for 4,000 feet elevation)

TEMPERATURE 375° TIME 25 to 30 MIN.

1. Cream together . . .  $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup (minus} \\ 1 \text{ tbsp.) sugar} \end{array} \right.$
2. Add and beat until fluffy . . . . . 2 eggs
3. Sift and measure . .  $\left\{ \begin{array}{l} 2 \text{ cups cake flour} \\ 3 \text{ tsp. baking} \\ \text{powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
4. Add to first mixture alternately with . . . . .  $\frac{3}{4}$  cup plus 2 tbsp milk
5. Add and mix well . . . 1 tsp. vanilla
6. Turn into 2 buttered 8" pans and bake.

# Helpful Hints

## Abbreviations

tsp. =teaspoonful	pt. =pint
tbsp. =tablespoonful	oz. =ounce
lb. =pound	B.P. =baking powder
qt. =quart	Min. =minutes
	Hr. =hours

## Table of Measures

(All measures are level)

2 tsp. = 1 tbsp.	16 tbsp. = 1 cup
2 tbsp. = $\frac{1}{8}$ cup	1 oz. = 1 tbsp. of butter
4 tbsp. = $\frac{1}{4}$ cup	$\frac{1}{2}$ lb. = 1 cup
8 tbsp. = $\frac{1}{2}$ cup	1 lb. = 2 cups
$\frac{1}{4}$ lb. = 8 tbsp. or $\frac{1}{2}$ cup or 1 quarter print of butter	

## Electrical Terms

**Surface Unit:** The electric unit on the surface of the range used for top range cookery.

**Thrift Cooker:** A special utensil located on the surface of the General Electric range.

**Switch:** A button located on the switch panel. This switch controls the heat of the surface unit, Thrift Cooker or oven.

**Timer Clock:** The Automatic Timer which turns the electricity OFF and ON during the homemaker's absence.

**Preheat:** To heat the oven to the required temperature.

**Temperature Control:** The control located on the oven, which accurately controls the heat in the oven.

**Super-Freezer:** The freezing unit of the electric refrigerator. The compartment for freezing ice cubes and desserts.

**Cold Storage Compartment:** The glass tray located directly under the Super-Freezer.

**Temperature Regulator:** A control located on your refrigerator, which controls the temperature of the refrigerator Super-Freezer and cabinet.

## Table of Proportions

$\frac{1}{2}$ lb. = 1 cup	6 egg yolks = $\frac{1}{2}$ cup
$\frac{1}{4}$ lb. = $\frac{1}{2}$ cup	5-6 egg whites = $\frac{1}{2}$ cup
1 lb. = 2 cups	10 eggs in shell = 1 lb.
2 cups granulated sugar, 1 lb.	
3 cups powdered sugar, 1 lb.	
3 cups brown sugar, 1 lb.	
4 cups flour, 1 lb.	
$\frac{1}{4}$ can of a lb. can of shortening, $\frac{1}{2}$ cup	
1 tsp. of soda to 1 cup molasses	
$\frac{1}{2}$ tsp. of soda to 1 cup of sour milk	
1 tsp. B.P. to each cup flour for cakes	
2 tsp. B.P. to each cup flour for biscuits, waffles, muffins, etc.	

## Cooking Terms

**Pre-Cook:** To partially cook vegetables, etc., in small amount of water. Use as directed in recipe.

**Freeze to a Mush:** To partially freeze mixture (1 to 1  $\frac{1}{2}$  hours) then remove from refrigerator, add whipped cream or eggs and beat 1 to 2 minutes. Continue to freeze.

**1 Cup Cream Whipped:** Measure cream and then whip.

**1 Cup Whipped Cream:** Measure cream after whipping.

**$\frac{1}{2}$  Cup Butter, Melted:** Measure the butter and then melt.

**$\frac{1}{2}$  Cup Melted Butter:** Measure the butter after it has been melted.

**Savory Butter:** Butter seasoned with parsley, meat sauce, lemon, meat or fish paste.

**Spring Form:** A pan used for refrigerator cakes and puddings. The side of pan is removable.

**Lower Shelf:** The lower shelf of the Super-Freezer is the coldest part of the freezing unit. Use this shelf for the freezing of desserts and ice cubes.

**Vegetable Pan:** A covered pan used for the storing of green vegetables, parsley, celery, etc.

**Frosted Glasses:** To frost glasses, dip in hot water and place into the refrigerator for several hours. A frost will form on the outside of the glass.



# Time and Temperature Chart

## FOR BAKING

Foods	Shelf Position From Bottom of Oven	Utensils to be Used	Oven Cold or Preheated	Temp.	Time of Cookery
<b>BREADS</b>					
Bread—4 to 8 Loaves.....	2nd and 3rd	Pans 4 $\frac{1}{4}$ " x 8 $\frac{1}{4}$ " x 3"	Cold	400°	for 50 min. Shift loaves top to bottom—bottom to top and bake 20 min. longer.
Rolls (Yeast).....	2nd or 3rd	Shallow pan or muffin tins	Cold or Preheated	425°	15 to 25 min.
Biscuits.....	2nd or 3rd	10"x14" Cookie Sheet	Preheated	475°	10 to 15 min.
Corn Sticks.....	2nd or 3rd	Preheated molds	Preheated	425°	20 min.
Corn Bread.....	2nd or 3rd	8" square pan 2" deep	Preheated	450°	25 to 30 min.
Muffins.....	2nd or 3rd	Muffin tins	Preheated	425°	15 to 25 min.
Nut Bread.....	2nd	8 $\frac{1}{4}$ "x3"x4 $\frac{1}{4}$ " pan	Preheated or cold	350°	50 to 60 min.
Pop-overs.....	2nd or 3rd	Pyrex or iron cups	Cold	425°	45 to 60 min.
Cream Puffs.....	2nd or 3rd	10"x14" Cookie Sheet	Cold	375°	50 to 60 min.
Coffee Cake.....	2nd or 3rd	9"x9"x2"	Preheated or cold	400°	20 to 30 min.
<b>CAKES</b>					
Angel Food and Sponge.....	2nd	Tube pan 8 $\frac{1}{2}$ "x4"	Cold	325°	1 to 1 $\frac{1}{4}$ hrs.
Jelly Roll.....	2nd or 3rd	Cake pan 13"x8"x1 $\frac{1}{2}$ "	Preheated	425°	12 to 15 min.
Layer (White or Yellow).....	2nd or 3rd	Round pan 8"x1 $\frac{1}{4}$ "	Preheated	375°	30 to 35 min.
Layer (Chocolate).....	2nd or 3rd	Round pan 8"x1 $\frac{1}{4}$ "	Preheated	350°	35 to 40 min.
Loaf Cake.....	2nd	Oblong pan 10"x6 $\frac{1}{2}$ "x3"	Preheated or cold	350°	1 to 1 $\frac{1}{2}$ hrs.
Pound Cake.....	2nd	Tube pan 8 $\frac{1}{2}$ "x4"	Preheated or cold	325°	1 to 1 $\frac{1}{4}$ hrs.
Fruit Cake (Large).....	2nd	3-pound cake pan	Cold	275°	3 $\frac{1}{2}$ hours
Fruit Cake (Small).....	2nd or 3rd	1 $\frac{1}{2}$ to 2 lb. cake pan	Cold	300°	2 $\frac{1}{2}$ to 3 hrs.
Cup Cakes.....	2nd or 3rd	Muffin tins	Preheated or cold	375°	20 to 30 min.
<b>COOKIES</b>					
Drop.....	3rd	10"x14" Cookie Sheet	Preheated	375°	15 min.
Brownies.....	3rd	Cake pan 10 $\frac{1}{4}$ "x6 $\frac{1}{4}$ "x1 $\frac{1}{2}$ "	Preheated	350°	20 to 25 min.
Sugar Cookies.....	3rd	10"x14" Cookie Sheet	Preheated	375°	12 to 15 min.
Macaroons.....	3rd	10"x14" Cookie Sheet	Cold or Preheated	300°	15 to 20 min.
Refrigerator (sliced).....	3rd	10"x14" Cookie Sheet	Preheated	425°	10 min.
Gingerbread.....	2nd or 3rd	Cake pan 8"x8"x2"	Preheated or cold	350°	30 to 45 min.
<b>PASTRY</b>					
Custard Pie.....	2nd or 3rd	8" pan	Cold or Preheated	425°	35 to 40 min.
Fruit Pie.....	2nd or 3rd	8" pan	Cold or Preheated	425°	45 to 55 min.
Pumpkin Pie.....	2nd or 3rd	8" pan	Cold	425°	35 to 45 min.
Pie Shell.....	3rd	8" or 9" pan	Preheated	475°	10 to 15 min.
<b>MISCELLANEOUS</b>					
Cup Custards.....	2nd	Glass cups; place in pan of hot water to half cover cups	Cold	350°	50 to 60 min.
Large Custard.....	2nd or 3rd	Casserole placed in pan of hot water	Cold or Preheated	325°	1 $\frac{1}{4}$ hours
Souffles (Cheese).....	2nd or 3rd	Casserole, large	Cold or Preheated	325°	1 to 1 $\frac{1}{4}$ hrs.
Escalloped Dishes (Cooked Foods).....	2nd	Casserole	Cold or Preheated	375°	20 to 30 min.
(Raw Foods).....	2nd	Casserole	Cold or Preheated	375°	1 hour

# Time and Temperature Chart

## FOR BAKING—Continued

Foods	Shelf Position From Bottom of Oven	Utensils to be Used	Oven Cold or Preheated	Temp.	Time of Cookery
<b>MISCELLANEOUS—Continued</b>					
Meringue Topping.....	3rd		Cold or Preheated	325°	12 to 15 min.
Meringue Shells.....	2nd or 3rd	10"x14" Cookie Sheet	Cold	250°	1 to 1¼ hrs.
<b>PUDDINGS</b>					
Bread, etc.....	2nd or 3rd	Casserole	Cold or Preheated	325°	30 min.
Rice and other Precooked Foods.....	2nd or 3rd	Casserole	Cold or Preheated	350°	50 to 60 min.
Raw Rice Pudding.....	2nd or 3rd	Casserole	Cold or Preheated	350°	3 hours

## FOR MEAT ROASTING

Food	Recommended Utensil **	Shelf Position Above Lower Unit	Preheated or Cold Oven Start	Our Suggested Temperature	Minutes Per Lb.	Your Time Temp.	Per Lb.
<b>BEEF</b>							
*Ribs of Beef (Standing) Small 2 to 4 lbs.	Open Shallow pan	2nd or 3rd	Cold	Rare: 350° Medium: 350° Well done: 350°	22 to 25 30 35	....	....
Medium (6 to 8 lbs.)	Open Shallow pan	2nd or 3rd	Cold	Rare: 350° Medium: 350° Well done: 350°	18 to 20 22 to 25 30 to 35	....	....
Large (10 lbs. and over)	Open Shallow pan	2nd or 3rd	Cold	Rare: 325° Medium: 325° Well done: 325°	18 22 25 to 30	....	....
<b>LESS TENDER CUTS OF BEEF</b>							
Chucks, Rumps, Shoulder, etc.							
Average Size	Covered pan	2nd	Cold	325°	45	....	....
Large	Covered pan	2nd	Cold	325°	40	....	....
<b>LAMB</b>							
Average Size (4 to 6 lbs.)	Open Shallow pan	2nd	Cold	325°	35	....	....
Large (6 to 10 lbs.)	Open Shallow pan	2nd	Cold	325°	30	....	....
<b>VEAL</b>							
Average Size (4 to 6 lbs.)	Open Shallow pan	2nd	Cold	325°	35	....	....
Large (6 to 10 lbs.)	Open Shallow pan	2nd	Cold	325°	30	....	....
<b>PORK</b>							
Average Size	Open Shallow pan	2nd	Cold	350°	35	....	....
Large	Open Shallow pan	2nd	Cold	350°	30	....	....
<b>SPARE RIBS</b>							
	Open pan	2nd	Preheated	400°	30	....	....
<b>BRAISED MEATS</b>							
Tender	Covered pan	2nd	Cold	375°	30	....	....
Less tender	Covered pan	2nd	Cold	325°	45	....	....



# Time and Temperature Chart

## FOR MEAT ROASTING—Continued

Food	Recommended Utensil **	Shelf Position Above Lower Unit	Preheated or Cold Oven Start	Our Suggested Temperature	Minutes Per Lb.	Your Time Temp.	Per Lb.
<b>HAM</b> Packer's First Grade Over 12 lbs. Under 12 lbs. Half Ham Home Cure Over 12 lbs. Under 12 lbs. Half Ham	Shallow pan     Shallow pan	2nd     2nd	Cold     Cold	325°     325°	15# 18# 22#   45#	..... ..... .....   .....	..... ..... .....   .....
<b>CHICKEN</b> Tender Less Tender	Open pan Covered pan	2nd or 3rd 2nd or 3rd	Cold Cold	325° 325°	30 35	..... .....	..... .....
<b>DUCK</b> Domestic Wild	Open pan Open pan	2nd or 3rd 2nd or 3rd	Cold Cold	325° 400°	30 15 to 20	..... .....	..... .....
<b>GOOSE</b>	Open pan	2nd or 3rd	Cold	325°	20 to 25	.....	.....
<b>TURKEY</b> 10 lbs. or less Over 10 lbs.	Open pan Open pan	2nd 2nd	Cold Cold	325° 300°	20 to 25 15 to 18	..... .....	..... .....
<b>FISH</b> 4 to 6 lbs. 2 to 4 lbs.	Open pan Open pan	2nd 2nd	Cold Cold	375° 375°	15 20	..... .....	..... .....

\*If meat is boned and rolled, add 10 to 15 min. per lb. to above times.

#After above cooking times, skin, score, season and cook at 400° an additional 15 min.

\*\*It is suggested that a trivet be used under meats to prevent contact of meat with pan.

If meat is at room temperature (it requires approx. 6 hours for the average cut of meat taken from a refrigerator to reach room temperature) deduct 5 to 8 minutes per lb. from cooking time.

## FOR BROILING

Food	Quantity and Thickness	Inches between top of food and Unit Lines on oven show distance	Time each side	Total Time
Bacon.....	1/2 lb. thin slices	3 to 4	3 to 5 min.	.....
Chicken.....	2 chickens, split 1 to 2 lbs. each	5 1/2	20 to 30 min.	.....
Fish.....	1 1/2 to 3 lbs. split or fillets	3 to 4	5 min., cut side 10 to 15 min. skin side	..... .....
Ham.....	3/4 to 1 inch	2 to 3	5 to 10 min.	.....
Chops.....	3/4 to 1 inch (2 to 8 chops)	3 to 4	6 to 9 min.	.....
Liver.....	1/4 to 1/2 inch	3 to 4	6 to 8 min.	.....
Lobster.....	1 to 2 lobsters	3 1/2 to 4 1/2	30 to 45 min.	30 to 45 min.
Steaks.....	3/4 to 1 1/4 inches (1 to 3 steaks)	1 to 2 2 to 2 1/2 3 to 4	4 to 6 min. 5 to 8 min. 8 to 10 min.	..... ..... .....
Steaks.....	1 1/4 to 2 inches (1 to 3 steaks)	2 to 3 Rare 3 to 4 Medium 3 to 4 Well done	6 to 9 min. 11 to 15 min. 18 to 25 min.	..... ..... .....
Vegetables.....		2 to 3	8 to 12 min.	.....







# Canning

## Important Factors in Canning

1. **The Type of Jar:** Any kind of glass jar may be used for oven canning. Follow the instructions furnished with the kind of jar being used. Allow the tops and rubbers to remain in hot water until placed on jar.
2. **The Product:** Select only fresh products that are in perfect condition. Do not use any bruised or over ripe fruits. Better results are obtained if fruit and vegetables are canned the day they are gathered from the garden.
3. **Packing the Jars:** Pack the foods being canned in the jars (not too tight) to within 1 inch from the top.

**Processing:** In canning in the electric oven, the processing time is counted from the time the food is placed in the oven. Start counting the time when oven switch is turned to BAKE.

**Pickling:** Spiced peaches, apples, etc., various pickles, relishes and chutney are easily prepared on the electric range.

**Open Kettle Method:** With the speed of the Calrod Unit and the cleanliness of Electric Cookery, the Open Kettle Method is easy and simple. Follow your own favorite recipe or instructions furnished with jars being used and enjoy this NEW cleanliness and SPEED in canning.

## Canning Fruits

Fruits with their delicious flavor, their beautiful color and their acid content are easily canned in the electric oven. The luscious natural flavor and color of the fruit is retained as they do not require pre-cooking.

**Oven Method of Canning:** The temperature control of the General Electric Range is an invaluable aid in oven canning. The maintaining

of a certain degree of heat is required to sterilize the food and containers.

**Fruits:** 1. Select fruits for canning, prepare for canning. 2. Make a medium syrup (3 parts sugar and 2 parts water) or use a heavier syrup. 3. Pack fruit in clean jars, add syrup and adjust tops. 4. Arrange jars on shallow pan, leaving 1 inch space around the jars. 5. Place pan on second shelf in oven and turn oven switch to BAKE. Process given time.

## Canning Vegetables

The food value of vegetables when canned electrically is equivalent to that of freshly cooked vegetables. A more economical pack results if the vegetables are pre-cooked three to five minutes using a very small amount of water. The water left in containers should be used to fill the jars. Select firm vegetables and can while fresh.

**Vegetables:** There are many recommended methods given by various companies for canning of vegetables. The most commonly used methods are: 1. Open kettle method. 2. Hot and cold pack method. For years the oven has been used most successfully with excellent results. However, the General Electric Company is not

recommending that any vegetable except acid vegetables (tomatoes) be canned in the oven.

Non-acid vegetables, such as corn, beans, peas, etc., should be canned in a pressure cooker which can be used most successfully on the Electric Range. We prefer and recommend that for canning of non-acid vegetables you follow the recommended methods issued by the Bureau of Home Economics, Department of Agriculture, Washington, D. C.

If further canning information is desired please Ask Your General Electric Dealer or Distributor for the Canning Booklet—"Modern Modes in Home Canning."



## Food for the Gourmet

THE RECIPES on the next few pages are designed to please the fastidious taste of the gourmet—the person who appreciates piquant flavors and delicate seasonings in food. They are among the finest and tastiest dishes which can be prepared. The recipes in this section are not designed for everyday use, but for special occasions and when "something different" is desired. Therefore, they call for condiments and ingredients which are not usually kept on hand. They are "extra special" recipes you may like to try to get away from the usual dishes. We believe you will like these dishes and urge you to try one of the recipes for your next special dinner party.

### *Creme Vichyssoise*

YIELD—8 SERVINGS    SAUCE PAN    TIME 30 MIN.

1. Peel and cut..... 4 leeks or 3 medium onions
2. Brown slightly in..... 4 tbsp. butter
3. Add..... { 2 cups chicken broth  
2 cups coffee cream  
2 tsp. salt  
¼ tsp. white pepper
4. Add..... { 2½ cups diced pared potatoes  
2 tbsp. minced chives  
1 cup heavy cream
5. Cook slowly.
6. Strain through a fine sieve.
7. Serve hot or cold with paprika and 1 tsp. chopped chives.
8. An excellent flavor is obtained by adding ½ cup rum to the soup before serving.



# Gourmet Recipes . . Soups

## *Cream Mongole with Sherry*

SERVES 5 to 6      SAUCEPAN      TIME 30 MIN.

1. Mix and heat slowly { 10½ oz. can condensed tomato soup  
¾ cup water  
10½ oz. can condensed pea soup
2. Add..... { 1 tsp. sugar  
1 cup light cream  
2 tsp. Worcestershire sauce
3. Remove from heat and add..... 5 tbsp. sherry

## *Mushroom Soup*

SERVES 10      SAUCEPAN

1. Wash and slice..... 1 qt. mushrooms
2. Add..... 3 cups water
3. Cook slowly until mushrooms are very tender.
4. Mix together..... { ½ cup butter  
3 tbsp. flour  
1 cup cream
5. Add to mushrooms and water and stir until smooth.
6. Add..... { 1 cup heavy cream  
4 cups chicken broth  
Salt and pepper to taste
7. Strain.
8. Reheat slowly until very hot.
9. Add..... Dash paprika

## *Duchesse Soup*

SERVES 8      SAUCEPAN      TIME 45 MIN.

1. Peel and slice..... 2 medium onions
2. Add..... 4 cups chicken or turkey stock
3. Cook until onion is tender and put through a sieve.
4. Cream..... 4 tbsp. butter
5. With..... 1½ tbsp. flour
6. Add..... { 3 cups coffee cream  
Dash pepper and salt  
Celery salt to taste  
Mace to taste
7. Cook on low heat.
8. Serve with..... Parmesan cheese

## *Oyster Stew*

1. Allow 1 qt. oysters to 1 qt. milk (or half and half).
2. Bring liquid to boiling point.
3. Season with..... { Salt and pepper  
Dash of Worcestershire sauce
4. Melt..... ¼ cup butter
5. Add oysters (do not drain off liquid).
6. Cook oysters until plump and curled at the edges.
7. Add to hot milk.
8. Serve immediately.
9. Sprinkle top of stew with paprika and add 1 tsp. butter to each serving.
10. Serve with crisp oyster crackers.

## *Tomato Consomme with Sherry Wine*

1. Use basic Tomato Consomme Recipe.
2. Just before serving add..... ½ cup sherry to soup
3. Serve, garnish each serving with..... 1 tsp. whipped cream

## *Cheese Puffs*

TIME 8 MINUTES      TEMPERATURE 425°

1. Cream together... { ½ cup cream cheese  
½ cup butter
2. Add..... { 1 cup flour  
½ tsp. salt
3. Chill thoroughly—roll very thin.
4. Cut in tiny circles.
5. Bake. Serve with soup.

## *Croutons*

1. Spread slices of white bread with butter.
2. Cut into strips.
3. Bake until brown.
4. Add a little garlic to butter to add zest.

# Gourmet Recipes .. Main Dishes

## Lobster Newburg

**SERVES 6**

**SAUCEPAN**

1. Place in saucepan of boiling water..... 1 lobster 1 to 1½ lbs.
2. Boil for..... 15 to 18 minutes
3. Set aside to cool.
4. Remove lobster from shell and cut in small pieces, about 1" in size.
5. Put in saucepan..... ½ cup butter
6. Add..... Lobster meat
7. And saute for a few minutes.

### Sauce

1. Melt..... ¼ cup butter
2. Add and blend well... 1 tbsp. flour
3. Heat and add..... 1 pt. cream
4. Simmer until smooth and creamy.
5. Add..... { ½ tsp. salt  
¼ tsp. pepper  
¼ tsp. nutmeg
6. Add lobster, and just before serving
7. Add..... 2 oz. sherry wine

## Mousse of Fish

**TEMPERATURE 350°**

**TIME 1 HR.**

1. Break into pieces..... 2½ lbs. haddock, frozen
2. Add..... 1¼ cups butter
3. Run fish and butter through meat grinder.
4. Beat..... 4 egg yolks
5. Add..... { ½ cup flour  
½ cup cream  
1 tbsp. salt  
½ tsp. pepper  
1 tsp. sugar
6. Mix thoroughly.
7. Add egg mixture to fish.
8. Whip..... 4 egg whites
9. Fold whites into fish mixture.
10. Place in a buttered casserole.
11. Place in a pan of water and bake.
12. Serve hot with lobster sauce.

## Lobster Sauce

1. Melt in a saucepan... 1 tbsp. butter
2. Add..... 2 tbsp. flour
3. Add gradually .... { 1 cup milk  
1 egg yolk beaten  
Salt and pepper to taste
4. Cook until thickened.
5. Add..... 1 cup cooked lobster

## Syrian Chicken Loaf

1. Shred..... 2 cups cooked chicken
2. Blanch and grind... { ½ lb. almonds  
½ lb. hazel nuts  
¼ lb. walnuts
3. Moisten..... 1 cup rice flour
4. With..... 1 cup milk
5. Boil..... 1 cup milk
6. And stir in flour mixture.
7. Add..... 1 tbsp. sugar
8. Place in saucepan on low heat and stir until cooked.
9. Moisten..... Chicken
10. With..... 1 cup chicken broth
11. And add to rice mixture.
12. Add..... { 1 tsp. rose water  
Seasoning to taste
13. Pour into an oiled bread pan.
14. Place in refrigerator to chill.
15. On bottom of pan, place alternate slices of avocado and pineapple.
16. Serve with hot vegetables.

## Vienna Chicken

**TEMPERATURE 350°**

**TIME 30 MIN. PER LB.**

1. Clean..... 4 to 5 lb. roasting chicken
2. Stuff chicken with following.
3. Mix together ..... { ½ lb. pork sausage  
1 goose liver (⅛ lb.)
4. Clean and cut very fine..... 3 veal sweetbreads
5. Add sweetbreads to sausage mixture.
6. Place sausage mixture into a skillet.
7. With..... 4 tbsp. butter
8. Brown slightly.
9. Add..... 4 tbsp. Madeira wine
10. Stuff chicken with sausage mixture.
11. Baste chicken once or twice with Madeira wine.
12. Roast.
13. Butter steam ..... { 1 bunch fresh asparagus or 1 can  
1 box frozen peas  
Potatoes cut in balls  
Julienne carrots
14. Serve vegetables on plate with sliced chicken and dressing.



# Gourmet Recipes . . Main Dishes

## Danish Loin of Pork

1. Marinate.....1 loin of pork
2. In .....1 bottle claret for 24 hours
3. Remove meat and wipe with dry cloth.
4. Rub with .....Salt
5. Place meat in skillet on high heat and brown on both sides.
6. Melt in saucepan....2 tbsp. butter
7. Add .....2 tbsp. flour
8. Blend.
9. Add .....1 qt. cream
10. And let come to boil.
11. Pour cream sauce over meat.
12. And steam 30 minutes per lb. of meat.
13. When done place meat on platter.
14. Add .....1 cup Madeira to gravy
15. Serve hot.

## Breast of Pheasant Hunter's Style

1. Cut in two.....Breast of plump wild pheasant
2. Dip in.....Flour seasoned with salt and pepper
3. Place in sauce pan... Butter—enough to cover bottom of pan
4. Fry pheasant until golden brown.
5. Place browned pheasant in a pottery baking dish.
6. Chop and sprinkle over pheasant.....Chopped celery
7. Cover all with.....Heavy cream
8. Put into oven at 350 degrees and bake for 2 hours.
9. Serve on platter with... Wild rice
10. Thicken cream sauce and add.....½ cup sherry
11. Pour over pheasant.

When roasting or frying fowl the last 10 minutes add 1 cup white wine, 1 bud garlic chopped fine and 1 tbsp. parsley chopped. This gives a delicious flavor to any poultry dish.

Garnish poultry platter with oranges stuffed with grenadine and celery, or peach halves filled with jelly and watercress, or prunes stuffed with cream and shredded glazed carrots.

## Veal a la Ciro's

SKILLET

TIME 1 HR.

1. Cut into servings.....2 lbs. veal ⅛" thick
2. Brown in butter in skillet on large unit on High.
3. Take out meat.
4. Add to butter .....3 tbsp. flour
5. Blend.
6. Add.....
  - 1 cup stock or bouillon
  - 1 pt. fresh mushrooms, sliced
  - 2 tbsp. minced shallots or chives
  - ½ tsp. salt
  - Dash white pepper
  - 3 tbsp. sherry wine
7. Put meat into sauce and put on cover—turn switch to low and let simmer one hour.

## Beef Tenderloin Tips in Wine Sauce

SKILLET

TIME 10 to 12 MIN.

1. Melt .....2 tbsp. butter
2. Brown .....1 medium onion sliced
3. Remove onion and brown.....1½ lbs. beef tenderloin, sliced thin
4. Remove tenderloin.
5. Add .....2 tbsp. flour
6. Stir well.
7. Add .....⅓ cup brown gravy
8. Cook 8 to 10 minutes.
9. Add .....⅓ cup sherry wine
10. Add tenderloin and serve immediately.

## Broiled Steak Gourmet

1. Select.....Large porterhouse steak—about 2 inches thick
2. Place on broiler pan and spread with.....Butter
3. Season with.....Salt and pepper
4. Broil 7 minutes to a side. Just before steak is to be served spread the following sauce on top of steak:
5. Cream.....½ lb. Roquefort cheese
6. Add to make a thick paste.....Chili sauce
7. Season with.....Worcestershire sauce
8. Place under broiler for 5 minutes.
9. Garnish with.....Chopped chives

# Gourmet Recipes .. Vegetables

## Vegetable Combinations

### Brussels Sprouts with Chestnuts

Steam Brussels Sprouts. Steam chestnuts, peel and slice and add to Brussels Sprouts. Season with salt and pepper, and add melted butter.

### Green Beans with Mushrooms

Steam sliced green beans and add sliced mushrooms which have been sautéed with chopped onion in butter and seasoned with salt and pepper.

### Cauliflower, Scotch Style

Separate cauliflower into flowerlets, and combine with equal amounts of diced new carrots. Cook in milk and water until tender. Then add white sauce and bake in moderate oven (350 degrees) for 20 minutes, sprinkling the top with grated cheese and crumbs, or corn flakes.

### Egg Plant and Okra

Dice raw egg plant, okra and tomatoes, making large cubes. Cook in a covered saucepan for thirty minutes, seasoning with salt, pepper, onion, chopped parsley. Serve with grated Parmesan cheese.

### Cucumbers Marguery

Pare cucumbers and cut them in quarters, lengthwise. Remove seeds and soft centers and cook in boiling water until tender. Drain, sauté in butter and serve with white sauce to which beaten egg, lemon juice and finely chopped parsley are added.

## Au Gratin Potatoes Superb

**SERVES 10      TEMP. 350°      TIME 2 HRS.**

1. Melt in saucepan..... $\frac{1}{2}$  lb. butter
2. Add..... $\frac{1}{2}$  cup flour
3. Mix thoroughly until flour is well blended.
4. Add.....1 qt. cream
5. Cook slowly for 15 minutes.
6. Add..... $\frac{1}{2}$  lb. grated American cheese
7. Season with.....Salt, pepper, paprika
8. Slice thinly.....20 potatoes
9. Butter casserole.
10. Make a layer of potatoes, pour over enough sauce to cover, continue this until all potatoes and sauce are used. Bake.
11. The last half hour of baking, sprinkle grated cheese and paprika over top.

## Stuffed Mushrooms

1. Remove stems from...12 large mushrooms
2. Mix together..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup bread crumbs} \\ 1 \text{ clove chopped garlic} \\ \frac{1}{2} \text{ tsp. onion, minced} \\ 1 \text{ tsp. parsley minced} \\ \text{Salt and pepper} \end{array} \right.$
3. Moisten with.....Melted butter
4. Stuff mushrooms and broil 10 min.
5. Serve around steak.

## Squash Souffle

**SERVES 6    8" RING MOLD    TEMP. 350°    TIME 1 HR.**

1. Measure..... $\left\{ \begin{array}{l} 3 \text{ cups cooked squash (mashed)} \\ 1 \text{ tbsp. minced onion} \\ 1 \text{ tsp. salt} \\ \frac{1}{8} \text{ tsp. pepper} \\ 3 \text{ tbsp. melted butter} \end{array} \right.$
2. Add..... $\left\{ \begin{array}{l} 3 \text{ eggs, beaten} \\ 1 \text{ cup cooked peas} \end{array} \right.$
3. Pour into buttered ring mold.
4. Place in 9-inch square pan with..... $\frac{1}{2}$  cup water
5. Fill center of mold with butter steamed peas before serving.

## Delicate Additions to Improve Flavor of Vegetables

1. Steam broccoli or cauliflower, pour over melted butter and 1 tbsp. of bread crumbs to 2 tbsp. butter, season.
2. Add 1 tsp. cream to  $\frac{1}{4}$  cup melted butter when seasoning vegetables.
3. A small clove garlic adds pep to green beans.
4. When baking squash fill the cavity with maple syrup.
5. Slice raw cauliflower very thin, serve with Horseradish sauce.
6. Add 1 tbsp. caraway seed to sauerkraut to improve flavor.
7. Add celery seed to cole slaw.
8. To reheat cooked broccoli, beat an egg white and add to mayonnaise, spread over vegetables and broil.
9. A casserole of left-over vegetables topped with a cheese sauce is delicious.



# Gourmet Recipes . . Salads

## Fresh Green Salad Bowl

A fresh green salad has many variations as the combination of vegetables depends upon the vegetables in season.

The secret of an appetizing fresh green salad is the crisping of the vegetables and shaking of all moisture from the greens. The following is our favorite recipe for a delicious and appetizing salad bowl:

1. Rub a wooden bowl with clove of garlic.
2. Put salad bowl in refrigerator to chill.
3. Tear lettuce apart and place in strainer to drain.
4. Add—French Endive, watercress, cucumbers sliced and not peeled, chopped onions, radishes sliced, and celery if desired. Also cooked peas, broccoli, or spinach, may be added to the salad.
5. Sprinkle with salt, mustard, paprika, sugar, black pepper, and any other seasoning desired.
6. Pour olive oil over the greens, toss lightly, add only a few drops of tarragon vinegar.
7. Remember this salad depends upon the person mixing it. Season to taste, add a little cut up roquefort cheese, anchovies if desired or sliced avocado.

## Sea Food Salad

**SERVES 10**

1. Clean and mix. . . . . 

{	2 large cans shrimp
	1 large can lobster
	1 large can crab meat
	¼ cup lemon juice
2. Add. . . . . 

{	3 cups diced celery
	6 hard-cooked eggs, diced
	1 tbsp. capers
	½ green pepper, chopped
3. Add. . . . . ¾ cup mayonnaise diluted  
With. . . . . ¼ cup cream
4. Toss together and serve on. . . . . **Lettuce cups**
5. Decorate top with whole pieces of lobster meat and capers.

## Chicken and Kidney Bean Salad

**SERVES 10**

1. Dice. . . . . 2 cups cold chicken
2. Drain and add. . . . . 1 can whole kernel corn
3. Dice and add. . . . . 1 small onion
4. Drain thoroughly. . . . . 1 can kidney beans
5. Core and dice. . . . . 1 red apple
6. Dice. . . . . { 2 hard-cooked eggs  
1 cup celery
7. Whip. . . . . 1 cup whipping cream
8. Add. . . . . { 1 cup mayonnaise  
Juice of 1 lemon  
½ tsp. salt  
1 tbs. sugar
9. Toss together lightly and serve in lettuce cups.
10. Garnish with bits of watercress.

## Cheese and Avocado Salad

**SERVES 6**

1. Soak. . . . . 2 tbs. gelatin
2. In. . . . . ½ cup cold water
3. Cream. . . . . { 1 pkg. cream cheese  
½ cup Roquefort cheese
4. Whip. . . . . 1 cup whipping cream
5. Add. . . . . { ¾ tsp. salt  
⅛ tsp. pepper
6. Dissolve gelatin over hot water.
7. Combine all ingredients.
8. Pour into molds, place in refrigerator to congeal.
9. Serve on curly endive.
10. Garnish with avocado pear slices.
11. Serve with glazed French dressing.

## New Orleans Hot Shrimps

Clean shrimps, allowing 6 large shrimps to serving. Shake shrimp in a bag of bread crumbs which have been seasoned with salt, pepper and paprika. Place shrimp on sea shell baking dish or in pottery ramekin, dot shrimp generously with garlic butter, place in hot oven until crumbs are brown. Serve immediately. (Garlic butter is made by creaming butter and adding garlic to taste.)

# Gourmet Recipes . . Desserts

## Almond Cake Dessert

SERVES 10      2—9" LAYER CAKE PANS  
TEMPERATURE 225°      TIME 2 HRS.

1. Blanch.....1 lb. almonds
2. Place in a shallow pan and set aside in a warm place to dry for several hours.
3. Run almonds through food chopper.
4. Beat until stiff.....10 egg whites
5. Add.....2 cups granulated sugar
6. Add.....Ground almonds
7. Line bottom of two 9" layer cake tins with paper and grease paper well.
8. Pour almond mixture into the pans and place in oven to bake.
9. Peel and core.....1 apple for each serving
10. Place in saucepan with.....½ cup water  
Let come to steaming point.
11. Steam until tender.
12. Place one apple on each serving of almond cake.
13. Pour over following sauce.

## Dessert Sauce

1. Beat until thick.....10 egg yolks
2. Add.....1 cup sugar
3. Put in a saucepan and cook slowly.
4. Add slowly.....1 cup whipping cream
5. Stir occasionally.
6. Remove from range { 1 tsp. vanilla or  
and add..... { 1 tsp. rum  
Serve cold over almond cake and apples.

## Festive Layer Cake

14 to 16 SERVINGS      3—9" LAYER CAKE PANS  
TEMPERATURE 375°      TIME 25 to 30 MIN.

1. Cream.....1 cup butter
2. Add.....2½ cups sugar
3. Sift and measure .. { 4 cups cake flour  
                                 { 5 tsp. baking powder  
                                 { ¼ tsp. salt
4. Add dry ingredients alternately with.....1 cup milk
5. Add..... { 1 tsp. almond extract  
                         { ½ tsp. vanilla
6. Beat until stiff and fold in.....10 egg whites
7. Bake in three 9-inch layers. Put together with Delicious Apple Filling. Ice with Miracle Icing. (See page 39 for these recipes.)

## Cream Cheese Cake

YIELD: 10      SPRING FORM PAN  
TEMPERATURE 325°      TIME 1¼ HRS. OR UNTIL SET

1. Roll into crumbs.....¾ pkg. zweiback
2. Add..... { 2 tbsp. melted butter  
                         { 2 tbsp. sugar
3. Press into bottom and sides of a spring form pan.
4. Mix..... { ½ cup sugar  
                         { 2 tbsp. flour  
                         { ¼ tsp. salt  
                         { 5½ pkgs. cream cheese  
                         { Juice and rind of 1 lemon
5. Add..... { 4 egg yolks well beaten  
                         { 1 tsp. vanilla  
                         { 1 cup cream
6. Beat and fold in.....4 egg whites
7. Bake.

## Baked Alaska in Candied Orange Shells

SERVINGS 8      SAUCEPAN

1. Cut in half.....4 large California oranges
2. Remove juice and pulp from oranges.
3. Steam oranges in water until tender.
4. Remove and drain.
5. Mix.....3 cups sugar
6. With.....1 cup water  
Bring to a boil on high heat and then turn to low heat.
7. Place orange halves in syrup and simmer about 30 minutes.
8. Turn over several times.
9. Drain on waxed paper.
10. Roll orange shells in...Granulated sugar  
Cool.
11. Whip until stiff.....3 egg whites  
With.....½ tsp. baking powder
12. Add.....½ cup sugar
13. Beat until mixed.
14. Fill orange shells with.....Orange ice cream
15. Cover ice cream with.....Meringue  
Slip under broiler with switch turned to Broil and broil until a delicate brown. Serve at once.









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# Index

	Page		Page		Page
<b>ABBREVIATIONS</b> .....	64	Black Walnut Fudge .....	62	Caramel .....	39
Acorn Squash, Stuffed .....	60	Blueberry Tarts .....	42	Date Nut .....	39
Anchovy Sauce, Lemon .....	20	Bohemian Salad .....	32	<b>CAKE FROSTINGS</b> .....	39
Angel Food Cake .....	35	<b>BOUILLON</b> .....	11, 12	Baked .....	39
<b>APPETIZERS</b> .....	6, 7	Tomato .....	11	Butter Cream Icing .....	39
Canapes .....	6, 7	Tomato, Jellied .....	12	Chocolate Fudge .....	39
Celery Curls .....	6	Braised Spareribs .....	27	Miracle Icing .....	39
Celery-Stuffed .....	6	<b>BREADS</b> .....	54 to 58	Refrigerator .....	39
Celery Trunks .....	6	Banana .....	55	Cake Pudding .....	61
Firecrackers .....	6	Coffee Cake .....	55	<b>CANAPES</b> .....	6, 7
Hors d'Oeuvre Combinations .....	6	Corn .....	57	Combinations .....	7
Strawberry .....	6	Corn Sticks .....	57	Russian .....	7
<b>APPLE</b> .....		Date and Nut .....	57	Hot Cheese Puff .....	7
Betty .....	44	Griddle Cakes .....	58	Luncheon .....	7
Butter Roll .....	52	Harvest .....	58	Tomato Supreme .....	7
Cake Filling .....	39	High Altitude Baking .....	63	Suggested Garnishes .....	8, 33, 59
Cobbler .....	44	Honey Twist Coffee Cake .....	55	<b>CANDIES</b> .....	62
Pie .....	43	Nut .....	55, 57	Black Walnut Fudge .....	62
Pudding .....	44	Orange Nut .....	55	Caramel Fudge .....	62
Stuffing .....	24	Prune .....	57	Chocolate Fudge .....	62
<b>APRICOT</b> .....		Raisin .....	57	Cocoanut Apricot Balls .....	62
Candy .....	62	Swedish Coffee Ring .....	54	Date Roll .....	62
Pudding .....	44	Whole Wheat .....	57	Penuche .....	62
Refrigerator Cake .....	51	Yeast .....	54	Tutti-Frutti Roll .....	62
Asparagus with Egg .....	15	Bread Baking Chart .....	65	Whipping Cream Fudge .....	62
Asparagus Soup, Cream of .....	11	<b>BROILED MEATS AND FISH</b> .....	29	<b>CANNING</b> .....	69
Aspic, Tomato .....	31	Chicken .....	29	Canning, High Altitude .....	63
<b>AVOCADO</b> .....		Fillet and Steaks of Fish .....	29	<b>CARAMEL</b> .....	
Shrimp Salad .....	31	Fish .....	29	Filling .....	39
Mold .....	31	Lobster .....	29	Fudge .....	62
<b>B</b> .....		Meats .....	29	Ice Cream .....	49
Bacon Broiling Chart .....	67	Steak .....	29	Nut Squares .....	40
Bacon Dressing, Salad .....	34	Turkey .....	29	Carrot Pudding .....	44
<b>BAKED</b> .....		Broiler Pan Menus (Left-Overs) .....	61	Carrot Rolls .....	21
Fish with Stuffing .....	30	Broiling Charts .....	67	<b>CASSEROLE DISHES</b> .....	27, 30
Frosting .....	37	Brown Rice Stuffing .....	24	Ham and Noodles .....	27
Frosting .....	39	<b>BROWN SAUCE</b> .....	20	Tuna Fish and Noodles .....	30
Halibut .....	30	Mushroom .....	20	Celery Appetizers .....	6
Ham .....	26	Currant Jelly .....	20	Celery-Onion Stuffing .....	24
Pork Sausage .....	28	Brownies .....	41	Celery Soup, Cream of .....	11
Potatoes .....	17	Buns, Nut and Prune .....	54	<b>CEREAL COOKERY</b> .....	18
Potatoes, Stuffed .....	17	<b>BUTTER</b> .....		Breakfast, Steamed .....	18
Salmon .....	30	Cream Icing .....	39	Macaroni, Steamed .....	18
Tuna Fish .....	30	Flake Rolls .....	54	Noodles .....	18
Baking, High Altitude .....	63	Luncheon—Garnish .....	8	Oatmeal, Steamed .....	18
Baking Charts .....	65, 66	Sauce, Dessert .....	53	Oven Cooked .....	18
Baking Hints .....	63 to 67	Apple Roll .....	52	Rice, Steamed .....	18
Baking Powder Biscuits .....	58	Buttermilk Biscuits .....	58	Rice Cooked in Milk .....	18
Banana Bread .....	55	<b>BUTTERSCOTCH</b> .....		Rice Pudding .....	18
Cake .....	38	Parfait .....	50	Rice Pudding with Dates .....	18
Barbecue Sauce .....	20	Pie .....	43	Rice with Giblets .....	18
<b>BASIC BROWN SAUCE</b> .....	20	Sauce .....	53	Rice with Pimento .....	18
Mushroom .....	20	<b>C</b> .....		Spaghetti, Steamed .....	18
Currant Jelly .....	20	Cabbage and Pork, Escalloped .....	60	Steamed .....	18
<b>BASIC WHITE SAUCE</b> .....	20	<b>CAKES</b> .....	35 to 38, 51, 52, 63	Tomato Rice .....	18
Lobster and Shrimp .....	20	Angel Food .....	35	<b>CHARTS, TIME AND</b> .....	
Parsley .....	20	Apricot, Refrigerator .....	51	<b>TEMPERATURE</b> .....	65 to 67
Cheese .....	20	Banana .....	38	Chartreuse of Meat and Rice .....	61
Horseradish .....	20	Chocolate Surprise, Chilled .....	52	<b>CHEESE AND EGG DISHES</b> .....	13, 14
<b>BEANS</b> .....		Cocoa Roll .....	35	Canape .....	7
Baked, in Ham Rolls .....	61	Cocoanut .....	37	Dressing, Salad .....	34
Baked, with Cottage Ham .....	23	Devils Food .....	37	Omelet .....	13
Salad, Lima .....	32	English Trifle .....	51	Sandwiches .....	13
Salad, Kidney .....	75	Fruit .....	38	Sandwiches .....	59
Soup, Black .....	12	High Altitude Baking .....	63	Sauce .....	20
Beef, Roast (Left-Overs) .....	61	Jelly Roll .....	35	Souffle .....	14
Corned-Hash .....	60	Layer .....	35, 63	Strata .....	14
Roast, Rib .....	26	Meringue Torte .....	37	Welsh Rarebit .....	14
Beef Chart .....	66	Miracle .....	37	With Eggs .....	14
<b>BEVERAGES</b> .....	9	Molasses .....	38	With Macaroni .....	14
Decorated Cubes .....	9	Orange Marmalade .....	37	With Noodles .....	14
Egg Nog .....	9	Pound .....	38	Chef Salad .....	33
Fruit Punch .....	9	Sunshine .....	35	Cherry and Pear Pudding .....	47
Hot Chocolate .....	9	<b>CAKES (SMALL)</b> .....	40, 41	Cherry Tarts .....	42
Pineapple Raspberryade .....	9	Brownies .....	41	Chess-Creole Pie .....	42
Russian Chocolate .....	9	Caramel Nut Squares .....	40	<b>CHICKEN</b> .....	
Sugar Syrup .....	9	Cup Cakes .....	40	A la King .....	61
Tea a la Julep .....	9	Lemon Cups .....	40	Broiled .....	29
Biscuits, Baking Powder .....	58	Cake Baking Chart .....	66	Fricassee .....	28
Biscuits, Butter Milk .....	58	<b>CAKE FILLINGS</b> .....	39	Roast .....	24
Black Bottom Pie .....	52	Apple .....	39	Spanish Style .....	21
				Chicken Liver Omelet .....	13



# Index

	Page		Page		Page
Chicken Roasting and Broiling Charts	67	Floating Island	51	Devil's Food Cake, Red	37
Chiffon Pie	51	Frozen	49	Doughnuts	19
Chili Con Carne	23	Pie	43	Dressing (See Stuffing)	24
Chilled Desserts	51, 52	Sauce, Dessert	53	Dressing, Salad	34
(Refer to Desserts)				Dried Vegetable Cookery	15
<b>CHOCOLATE</b>		<b>D</b>		Duck (Roast)	24
Beverages	9	<b>DATE</b>		Duck Roasting Chart	67
Cake, Surprise	52	And Nut Bread	57		
Cake Pudding	61	And Rice Pudding	18	<b>E</b>	
Candy Ice Cream	48	Bars	40	Economy Dish	22
Filling, Pie	52	Drop Pudding	46	Eggs and Asparagus	15
Fudge	62	Nut Filling	39	<b>EGG AND CHEESE DISHES</b>	13, 14
Fudge Frosting	39	Rolls	62	A la Goldenrod	13
Hot	9	<b>DEEP FAT FRYING</b>	19	Deviled	13
Ice Cream	48	Doughnuts	19	Omelets and Variations	13
Pudding	44	French Fried Onions	19	Scrambled and Variations	13
Russian	9	French Fried Potatoes	19	Shirred	14
Sauce, Dessert	53	French Toast	19	Steamed	13
Chops, Broiling Chart	67	Fritters	19	Egg Nog	9
Chops, Pork, Stuffed	27	Spanish Cream Puffs	19	Egg Plant and Mushrooms	15
With Sweet Potatoes	22	<b>DESSERTS (CHILLED)</b>	51, 52	Egg Plant, Stuffed	60
Chowder, Clam	11	Apple Butter Roll	52	Electrical Terms	64
Cinnamon Rolls	58	Apricot Refrigerator Cake	51	English Plum Pudding	46
Clam Juice Cocktail	10	Black Bottom Pie	52	English Trifle Cake	51
Clam Chowder	11	Chocolate Surprise Cake	52	Escalloped Potatoes	17
Clear Consomme	11	English Trifle Cake	51	Escalloped Tomatoes	16
Cobbler, Apple	44	Floating Island	51		
<b>COCKTAILS</b>	10	Lemon Chiffon Pie	51	<b>F</b>	
Clam Juice	10	Sherry Almond Pudding	52	Fillets (Fish), Broiled	29
Fruit	10	<b>DESSERTS (HOT)</b>	44 to 47	<b>FILLINGS</b>	
Ginger Fruit	10	Apple Betty	44	Cake	39
Golden Glow	10	Apple Cobbler	44	Chocolate	52
Melon Ball	10	Apple Pudding	44	Cream Puff	41
Rose Cup	10	Apricot Pudding	44	Foundation	52
Sauce	10	Carrot Pudding	44	Pie, Chilled	52
Sea Food	10	Chocolate Pudding	44	Rum	52
Cocoa Roll	35	Cranberry Pudding	46	Sandwich	59
Cocoanut Apricot Balls	62	Date Drop Pudding	46	Spanish Cream Puff	19
Cocoanut Cake	37	Fruit Pudding	47	Firecrackers (Appetizers)	6
Cocoanut Cream Tarts	42	Gum Drop Pudding	46	<b>FISH COOKERY</b>	30
Cocoanut Ice Cream	49	Lemon Chiffon Pudding	47	Baked, with Stuffing	30
Coffee Cake, Quick	55	Mincemeat Pudding	47	Broiled Fillet	29
Honey Twist	55	Orange and Apple Cobbler	44	Broiling Chart	67
<b>CONSUMME</b>	11	Orange Marmalade Pudding	47	Halibut Ring	30
Jellied	11	Pear and Cherry Pudding	47	Salmon Baked in Sour Cream	30
Royale	11	Plum Pudding	46	Tuna Fish and Noodles	
Vegetable	11	Prune, Suet Pudding	46	en Casserole	30
Cooked Dressing, Salad	34	Raspberry Jam Pudding	47	Fish Roasting and Broiling Charts	67
<b>COOKIES</b>	40, 41	Spanish Cream Puff	19	<b>FISH SALADS</b>	
Date Bars	40	<b>DESSERTS (FROZEN)</b>	48 to 50	Tuna	32
Pumpkin	40	Butterscotch Parfait	50	Herring	33
Refrigerator	41	Caramel Ice Cream	49	Floating Island Dessert	51
Tom Thumb	41	Chocolate Ice Cream	48	Foundation Sauce	53
Cookie Baking Chart	65	Chocolate Candy Ice Cream	48	Fowl (See Poultry)	
Cooking Hints	63, 64	Cocoanut Ice Cream	49	Frango, Maple	50
<b>CORN</b>		Cranberry Sherbet	50	French Dressing, Salad	34
And Sweet Potatoes	15	Custard	49	French Fried Onions	19
Bread	57	Grape Sticks	49	French Fried Potatoes	19
Pudding	17	Lemon Cream Sherbet	50	French Onion Soup	12
Soup, Cream of	11	Lemon Custard	49	French Toast	19
Sticks, Southern	57	Lime Sherbet	50	Fricassee of Chicken	28
Corned Beef (New England Dinner)	15	Maple Frango	50	Fritters—Foundation	19
Corned Beef Hash	60	Nela Ice Cream	48	Frosting, Cake	39
Corsage-Like Garnish	8	Peach Ice Cream	48	Frosting, Refrigerator	39
Cranberry Pudding	46	Philadelphia Ice Cream	48	Frozen Desserts	48 to 50
Cranberry Sherbet	50	Pineapple Ice Cream	49	(See Listing: Desserts (Frozen))	
<b>CREAM</b>		Pumpkin Ice Cream	49	Frozen Fruit Salad	33
Butter Icing	39	Red Raspberry Sherbet	50	<b>FRUIT</b>	
Fruit Salad Dressing	34	Vanilla Ice Cream	48	Cake, Dark	38
Puffs	41	Vanilla Mousse	49	Light	38
Puffs, Spanish	19	<b>DESSERT SAUCES</b>	53	Canning	69
Puff Filling	41, also 19	Butter	53	Cocktail	10
Soups	11	Butterscotch	53	Pudding	47
Sour Dressing	34	Chocolate	53	Punch	9
Whipping Fudge	62	Custard	53	Salad, Frozen	33
Creole Chess Pie	42	Foundation	53	Salad Dressing	34
Cup Cakes	40	Fudge	53	Soup	12
Currant Jelly Sauce	20	Hard	53	Frying, Deep Fat	19
<b>CUSTARD</b>		Lemon	53	Fudge	62
Baking Chart	65	Nutmeg	53	Fudge Frosting	39
		Orange	53	Fudge Sauce, Dessert	53
		Raisin Nut	53	<b>G</b>	
		Deviled Eggs	13	<b>GARNISHES</b>	8, 33, 59
				Canape	7



# Index

	Page		Page		Page
Luncheon Butter .....	8	<b>HELPFUL HINTS</b> .....	64	Liver and Macaroni .....	21
Olive Flower .....	8	Abbreviations .....	64	Loaf Cake, White .....	35
Potato Cases .....	8	Cooking Terms .....	64	<b>LOBSTER</b> .....	
Radish Rose .....	8	Electrical Terms .....	64	Broiled .....	29
Radish Tulip .....	8	Table of Measures .....	64	Broiling Chart .....	67
Salad .....	33	Table of Proportions .....	64	Pineapple Salad .....	31
Sandwich .....	59	Herring Salad .....	32	Sauce .....	20
Tomato Flower .....	8	<b>HIGH ALTITUDE COOKERY</b> .....	63	Loin of Pork, Grilled .....	61
Tomato Rose .....	8	Holland Rolls .....	54	Loin of Pork, Roast .....	26
Vegetable Corsages .....	8	Hollandaise Sauce .....	20	Luncheon Butter Garnish .....	8
Water Lily .....	8	Honey Twist Coffee Cake .....	55	Luncheon Canape .....	7
Giblets with Rice .....	18	<b>HORS D'OEUVRES</b> .....	6	Luncheon Sandwiches .....	59
Giblet Gravy .....	20	Hors d'Oeuvres Combinations .....	6	<b>M</b> .....	
Ginger Fruit Cocktail .....	10	Horseradish Mayonnaise .....	34	<b>MACARONI</b> .....	
Glazed French Dressing .....	34	Horseradish Sauce .....	20	And Cheese .....	14
Golden Glow Cocktail .....	10	Hot Chocolate .....	9	And Liver .....	21
Goldenrod Eggs .....	13	<b>I</b> .....		Steamed .....	18
Goose, Roast .....	24	<b>ICE BOX—Refer to Refrigerator</b> .....	9	Maple Frango .....	50
Goose Roasting Chart .....	67	Ice Cubes, Decorated .....	9	Marmalade Cake .....	37
<b>GOURMET RECIPES</b> .....	70 to 76	<b>ICE CREAMS</b> .....	48, 49	Pudding .....	47
<b>GOURMET SOUPS</b> .....	71	Caramel .....	49	Mayonnaises .....	34
Accompaniments .....	71	Chocolate .....	48	Variations .....	34
Cream Mongole with Sherry .....	71	Chocolate Candy .....	48	Meals (One Dish) .....	21, 22
Creme Vichyssoise .....	70	Cocanut .....	49	Broiler .....	29
Duchesse .....	71	Nela .....	48	Measure, Table of .....	64
Mushroom .....	71	Peach .....	48	Meat Balls and Spaghetti .....	21
Oyster Stew .....	71	Philadelphia .....	48	<b>MEATS (BROILED)</b> .....	29
Tomato Consomme with		Pineapple .....	49	Meat Broiling Charts .....	67
Sherry Wine .....	71	Pumpkin .....	49	<b>MEAT COOKERY</b> .....	26
<b>GOURMET MAIN DISHES</b> .....	72, 73	Vanilla .....	48	Beef Roast, Rib .....	26
Beef Tenderloin Tips .....	73	Icing, Miracle .....	39	Chartreuse (with Rice) .....	61
Chicken Loaf, Syrian .....	72	Buttercream .....	39	Ham, Baked .....	26
Chicken, Vienna .....	72	Italian Lima Bean Salad .....	32	Lamb Roast, Leg .....	26
Fish Mousse .....	72	Italian Meat Balls and Spaghetti .....	21	Lamb Roast, Crown .....	26
Lobster Newberg .....	72	<b>J</b> .....		Left-Overs .....	61
Lobster Sauce .....	72	Jellied Consomme .....	11	Pork, Stuffed .....	26
Pheasant Breast .....	73	Jellied Tomato Bouillon .....	12	Pork Loin Roast .....	26
Pork Loin, Danish .....	73	Jelly Roll .....	35	Veal Roast .....	26
Steak, Broiled .....	73	Julep, Tea .....	9	Veal Shoulder, Stuffed .....	26
Veal a la Ciro's .....	73	Julienne Soup .....	11	Meat Cookery, High Altitude .....	63
<b>GOURMET VEGETABLES</b> .....	74	<b>K</b> .....		<b>MEAT DISHES (OVEN)</b> .....	27, 28
Beans, Green .....	74	Kippered Herring Salad .....	32	Chicken Fricassee .....	28
Brussels Sprouts .....	74	Kumquat Pastries .....	42	Ham and Noodle Casserole .....	27
Cauliflower .....	74	<b>L</b> .....		Ham (Spiced) with Apricot	
Cucumbers .....	74	<b>LAMB</b> .....		Flower .....	28
Egg Plant .....	74	Crown Roast .....	26	Liver and Macaroni .....	21
Mushrooms, Stuffed .....	74	Roast Leg .....	26	Meat Loaf .....	27
Potatoes, Au Gratin .....	74	Riblets and Vegetables .....	22	Meat Pie .....	28
Squash Souffle .....	74	Shanks with Vegetables .....	23	Pineapple Meat Loaf .....	28
<b>GOURMET SALADS</b> .....	75	Turkish .....	60	Pork Chops, Stuffed .....	27
Cheese and Avocado .....	75	Lamb Roasting Chart .....	66	Pork Sausage Patties	
Chicken and Kidney Bean .....	75	Layer Cake .....	35	(Baked) and Apples .....	28
Green Salad Bowl .....	75	Layer Cake, High Altitude .....	63	Spareribs, Braised .....	27
Sea Food .....	75	<b>LEFT-OVERS</b> .....	60, 61	Steak (Royal) with Bermuda	
Shrimp, Hot .....	75	Acorn Squash, Stuffed .....	60	Onion .....	28
<b>GOURMET DESSERTS</b> .....	76	Beef, Roast .....	61	Swiss Steak with Onions .....	27
Baked Alaska .....	76	Chicken a la King .....	61	<b>MEAT LOAF</b> .....	
Cake .....	76	Chocolate Cake Pudding .....	61	Garden .....	27
Almond .....	76	Corned Beef Hash .....	60	Meat Pie .....	28
Cream Cheese .....	76	Egg Plant, Stuffed .....	60	Pineapple .....	28
Layer .....	76	Ham Mousse .....	60	Meat Roasting Chart .....	66, 67
Dessert Sauces .....	76	Ham Rolls and Beans .....	61	Melon Ball Cocktail .....	10
Grape Sticks, Frozen .....	49	Lamb, Turkish .....	60	Meringue Cake Torte .....	37
Gravies .....	20	Meat and Rice Chartreuse .....	61	Meringue Lemon Pie .....	43
Giblet .....	20	Pork and Cabbage, Escalloped .....	60	Shells .....	41, 66
Griddle Cakes .....	58	Pork Loin, Grilled .....	61	Tarts .....	42
Gumbo, Southern .....	21	Squash, Stuffed Acorn .....	60	Mincemeat Pudding .....	47
Gum Drop Pudding .....	46	Turkey Souffle .....	61	Miracle Cake .....	37
<b>H</b> .....		<b>LEMON</b> .....		Miracle Icing .....	39
Halibut Ring .....	30	Anchovy Sauce .....	20	Molasses Cake .....	38
<b>HAM</b> .....		Chiffon Pie .....	51	Mousse, Ham .....	60
Baked .....	26	Chiffon Pudding .....	47	Mousse, Vanilla .....	49
Casserole (with Noodles) .....	27	Cream Sherbet .....	50	Muffins .....	58
Loaf Salad .....	31	Cup Cakes .....	40	<b>MUSHROOMS</b> .....	
Mousse .....	60	Custard, Frozen .....	49	And Egg Plant .....	15
Omelet .....	13	Meringue Pie .....	43	Omelet .....	13
Rolls with Beans .....	61	Meringue Tarts .....	42	Sauce .....	20
Spiced, with Apricot Flower .....	28	Sauce, Dessert .....	53	Soup, Cream of .....	11
Ham Roasting and Broiling Chart .....	67	Lima Bean Salad .....	32	Stuffed .....	74
Hard Sauce, Dessert .....	53	Lime Sherbet .....	50	<b>N</b> .....	
Harvest Bread .....	55	Liver Broiling Chart .....	67	New England Dinner .....	23
Hash, Corned Beef .....	60				



# Index

	Page
Nela Ice Cream.....	48
<b>NOODLES</b>	
Ham Casserole .....	27
Soup .....	11
Steamed .....	18
Tuna Fish en Casserole.....	30
With Cheese .....	14
<b>NUT</b>	
And Date Bread.....	37
Bread .....	55
Prune Buns .....	54
Raisin Sauce .....	53
Date Filling .....	39
Squares, Caramel .....	40
Nutmeg Sauce, Dessert.....	53
<b>O</b>	
Oatmeal, Steamed .....	18
Olive Flower Garnish.....	8
<b>OMELETS</b> .....	13
Cheese .....	13
Chicken Liver .....	13
Ham .....	13
Mushroom .....	13
Parsley .....	13
Puffy Egg .....	13
Shrimp .....	13
Spanish .....	13
<b>ONE-DISH MEALS</b> .....	21, 22
Carrot Rolls .....	21
Chicken, Spanish Style.....	21
Economy Dish .....	22
Lamb Riblets with Vegetables.....	22
Macaroni and Liver.....	21
Meat Balls and Spaghetti.....	21
Pork Chops with Sweet Potatoes and Pineapple.....	22
Southern Gumbo .....	21
Veal Birds .....	22
Veal Supreme .....	22
Onions, French Fried.....	19
Onion, French Soup.....	12
Onion-Celery Dressing .....	24
<b>ORANGE</b>	
Apple Cobbler .....	44
Marmalade Pudding .....	47
Nut Bread .....	55
Orange Marmalade Cake .....	37
Orange Sauce, Dessert .....	53
Oven Canning .....	69
<b>OVEN COOKERY</b>	
Cereal .....	18
High Altitude .....	63
Vegetable .....	17
Oven Terminology .....	64
<b>P</b>	
Parfait, Butterscotch .....	50
Parsley Omelet .....	13
Parsley Sauce .....	20
<b>PASTRIES</b> .....	41, 42
Assorted .....	42
Blueberry Tarts .....	42
Cherry Tarts .....	42
Cocoanut Cream Tart.....	42
Cream Puffs .....	41
Kumquat .....	42
Lemon Meringue Tart.....	42
Peach Tarts .....	42
Plain .....	42
Puff .....	42
Sweet .....	42
Pastry Baking Chart.....	65
Pea Soup, Cream of.....	11
Peach and Raspberry Salad.....	32
Ice Cream .....	48
Pie Supreme .....	42
Tarts .....	42
Twirls .....	58
Peanut Butter Sandwiches.....	59
Pear and Cherry Pudding.....	47
Penoche (Candy) .....	62
Philadelphia Ice Cream.....	48
Pickling .....	69

	Page
<b>PIES</b> .....	42, 43, 51, 52
Apple .....	43
Black Bottom, Chilled.....	52
Butterscotch .....	43
Creole Chess .....	42
Custard .....	43
Lemon Chiffon .....	51
Lemon Meringue .....	43
Meat .....	28
Peach Supreme .....	42
Pumpkin .....	43
Raisin .....	43
Pie Filling, Chilled.....	52
Pineapple and Lobster Salad.....	31
Pineapple Ice Cream.....	49
Pineapple Meat Loaf .....	28
Pineapple Raspberryade .....	9
Plum Pudding, English.....	46
Pop-Overs .....	58
<b>PORK</b>	
Chops, Stuffed .....	27
Chops with Sweet Potatoes and Pineapple .....	22
Escalloped (with Cabbage).....	60
Loin, Grilled .....	61
Loin Roast .....	26
Sausage Patties and Apples.....	28
Shoulder, Stuffed .....	26
Pork Roasting Chart.....	66
<b>POTATOES</b>	
Baked .....	17
Escalloped .....	17
French Fried .....	19
Potato Cases .....	8
Stuffed .....	17
Stuffing .....	24
Salad, Hot .....	32
<b>POULTRY</b> .....	24, 29
Broiled .....	29
Chicken, Roast .....	24
Duck, Roast .....	24
Goose, Roast .....	24
Squab, Roast .....	24
Turkey, Roast .....	24
Poultry Roasting and Broiling Charts .....	67
Pound Cake .....	38
Preserving .....	69
Preserving, High Altitude.....	63
Proportions, Table of .....	64
<b>PRUNE</b>	
Bread .....	57
Nut Buns .....	54
Suet Pudding .....	46
<b>PUDDINGS</b> .....	44 to 47, 52, 61; also 17, 18
Apple .....	44
Apricot .....	44
Carrot .....	44
Chocolate .....	44
Chocolate Cake .....	61
Corn .....	17
Cranberry .....	46
Date Drop .....	46
Fruit .....	47
Gum Drop .....	46
Lemon Chiffon .....	47
Mincemeat .....	47
Orange Marmalade .....	47
Pear and Cherry .....	47
Plum, English .....	46
Prune Suet .....	46
Rice .....	18
Rice, with Dates.....	18
Sherry Almond .....	52
Pudding Baking Chart.....	66
Puff Pastry .....	42
Puffs, Cream .....	19
Spanish .....	19
Puffy Egg Omelet.....	13
<b>PUMPKIN</b>	
Cookies .....	40

	Page
Ice Cream .....	49
Pie .....	43
Punch, Fruit .....	9
<b>R</b>	
Radish Roses Garnishes.....	8
Raisin Bread .....	57
Raisin Pie .....	43
Raisin Nut Sauce.....	53
Rarebit, Cheese .....	14
Raspberry and Peach Salad.....	32
Raspberry Jam Pudding.....	47
Raspberry Sherbet .....	50
Raspberryade, Pineapple .....	9
<b>REFRIGERATOR</b>	
Cake, Apricot .....	51
Cookies .....	41
Cubes, Decorated .....	9
Frosting .....	39
Rolls .....	54
Refrigerator Terminology .....	64
Rib Roast Beef.....	26
<b>RICE</b> .....	18, 61
Brown Stuffing .....	24
Chartreuse (with Meat).....	61
Cooked in Milk.....	18
Pudding with Dates.....	18
Rice with Variations.....	18
Cooked in Milk.....	18
Giblets .....	18
Pimento .....	18
Steamed .....	18
Tomato .....	18
<b>ROASTS</b> .....	24, 26, 61
Beef (Left-Overs) .....	61
Beef, Rib .....	26
Chicken .....	24
Duck .....	24
Goose .....	24
Lamb .....	26
Pork Loin .....	26
Squab .....	24
Turkey .....	24
Veal .....	26
Roasting Chart .....	66, 67
<b>ROLLS</b> .....	54, 58
Butter Flake .....	54
Cinnamon .....	58
Holland .....	54
Nut and Prune Buns.....	54
Peach Twirls .....	58
Refrigerator .....	54
Roquefort Dressing .....	34
Rose Cup Cocktail.....	10
Royale Consomme .....	11
Rum Filling, Pie.....	52
Rum Sauce, Dessert.....	53
Russian Canape .....	7
Russian Chocolate .....	9
Russian Dressing, Salad .....	34
Russian Sour Cream Soup.....	12
Russian Sauerkraut .....	23
<b>S</b>	
<b>SALADS</b> .....	31 to 33
Avocado .....	31
Avocado Mold .....	31
Bohemian .....	32
Chef .....	33
Frozen Fruit .....	33
Garnishes .....	33
Kipperd Herring .....	32
Lima Bean .....	32
Lobster and Pineapple.....	31
Peach and Raspberry.....	32
Potato, Hot .....	32
Shrimp and Avocado.....	31
Spinach .....	32
Sunshine .....	33
Tomato Aspic .....	31
Tomato Ham Loaf .....	31
Tuna Fish .....	33
Vegetable Supper .....	33



# Index

	Page
<b>SALAD DRESSING</b> .....	34
Cooked .....	34
Cream, Fruit .....	34
French, Glazed .....	34
Horseradish .....	34
Mayonnaise .....	34
Roquefort .....	34
Russian .....	34
Sour Cream .....	34
Sweet Sour Bacon .....	34
Thousand Island .....	34
Salad Garnishes .....	33
Salmon Baked in Sour Cream .....	30
<b>SANDWICHES</b> .....	59
Checkerboard .....	59
Fillings .....	59
Garnishes .....	59
Surprise Loaf .....	59
<b>SAUCES</b> .....	20
Barbecue .....	20
Brown, Basic .....	20
Cheese .....	20
Cocktail .....	10
Currant Jelly .....	20
Dessert .....	53
(See Listing: Dessert Sauces)	
Hollandaise .....	20
Horseradish .....	20
Lemon Anchovy .....	20
Lobster .....	20
Mushroom .....	20
Parsley .....	20
Shrimp .....	20
White, Basic .....	20
White, Foundation .....	11
Sauerkraut, Russian .....	23
Sausage Patties .....	28
Savory Dressing .....	24
Scrambled Eggs and Variations .....	13
Sea Food Cocktail .....	10
—For Other Sea Food, See Lobster, Shrimp, etc.	
Shells, Meringue .....	41, 66
<b>SHERBETS</b> .....	50
Cranberry .....	50
Lemon Cream .....	50
Lime .....	50
Red Raspberry .....	50
Sherry Almond Pudding .....	52
Shirred Eggs .....	14
Shoulder of Veal or Pork, Stuffed .....	26
Shrimp and Avocado Salad .....	31
Omelet .....	13
Sauce .....	20
<b>SOUFFLES</b> .....	14, 61, 65
Cheese .....	14, 65
Turkey .....	61
Vegetable .....	17
<b>SOUPS</b> .....	11, 12
Asparagus, Cream of .....	11
Bean, Black .....	12
Bouillon .....	11, 12
Celery, Cream of .....	11
Clam Chowder .....	11
Consomme, Clear .....	11
Consomme Variations .....	11
Jelly .....	11
Julienne .....	11
Noodle .....	11
Royale .....	11
Vegetable .....	11
Cream Soup Variations .....	11
Corn .....	11
Mushroom .....	11
Pea .....	11
Spinach .....	11
Tomato .....	11
Foundation Sauce .....	11
French Onion .....	12
Fruit .....	12
Jellied Tomato Bouillon .....	12
Julienne .....	11

	Page
Noodle .....	11
Pea, Cream of .....	11
Russian Sour Cream .....	12
Tomato Bouillon .....	11, 12
Turkey .....	12
Southern Corn Sticks .....	57
Southern Gumbo .....	21
Sour Cream and Salmon .....	30
Sour Cream Dressing .....	34
Sour Cream Soup, Russian .....	12
Spaghetti, Steamed .....	18
Spaghetti and Meat Balls .....	21
Spanish Cream Puffs and Filling .....	19
Spanish Omelet .....	13
Spanish Style Chicken .....	21
Cream Puffs .....	19
Spareribs, Braised .....	27
Sparerib Roast Chart .....	66
Spiced Ham with Apricot Flower .....	28
Spinach Salad .....	32
Spinach Soup, Cream of .....	11
Squab, Roast .....	24
Squash, Stuffed Acorn .....	60
Steak, Broiled .....	29
Royal, with Bermuda Onions .....	28
Swiss, with Onion .....	27
Fish .....	29
Steak Broiling Chart .....	67
<b>STEAMED</b> .....	
Cereals .....	18
Chocolate Pudding .....	44
Eggs .....	13
Fruit Pudding .....	47
Macaroni, Spaghetti and Noodles .....	18
Vegetables .....	15, 17
Stew, Oyster .....	71
Strata, Cheese .....	14
Strawberry Appetizers .....	6
<b>STUFFED</b> .....	
Acorn Squash .....	60
Baked Potatoes .....	17
Celery .....	6
Egg Plant .....	60
Fish, Baked .....	30
Pork Chops .....	27
Shoulder of Veal or Pork .....	26
<b>STUFFING</b> .....	
Apple .....	24
Brown Rice .....	24
Onion-Celery .....	24
Potato .....	24
Savory .....	24
Suet Pudding, Prune .....	46
Sugar Syrup .....	9
Sunshine Cake .....	35
Sunshine Salad .....	33
Supreme, Tomato .....	7
Veal .....	22
Peach Pie .....	42
Surprise Loaf for Sandwiches .....	59
Swedish Coffee Ring .....	54
Sweet Pastries .....	42
Sweet Potatoes and Corn .....	15
Sweet Potatoes and Pork Chops .....	22
Sweet Sour Bacon Dressing, Salad .....	34
Swiss Steak with Onions .....	27
Syrup, Sugar .....	9
<b>T</b> .....	
Table of Measures .....	64
Table of Proportions .....	64
Tea a la Julep .....	9
<b>TEMPERATURE CHARTS</b> .....	65 to 67
Terms, Electrical and Cooking .....	64
Thousand Island Dressing .....	34
Toast, French .....	19
<b>THRIFT COOKER</b> .....	23
Baked Beans with Cottage Ham .....	23
Chili Con Carne .....	23
Lamb Shanks with Vegetables .....	23
New England Dinner .....	23
Russian Sauerkraut .....	23

	Page
<b>TIME AND TEMPERATURE CHARTS</b> .....	65 to 67
Toast, French .....	19
Tom Thumb Cookies .....	41
<b>TOMATO</b> .....	
Aspic .....	31
Bouillon .....	11, 12
Cream Soup .....	11
Escalloped .....	8
Flower .....	15
Ham Loaf Salad .....	31
Rice .....	18
Rose .....	8
Soup, Cream of .....	11
Supreme (Appetizer) .....	7
Garnish .....	8
Torte, Meringue Cake .....	37
Trifle Cake, English .....	51
Tuna Fish and Noodles .....	30
Tuna Fish Salad .....	33
Turkey, Broiled .....	29
Turkey, Roast .....	24
Turkey Roasting Chart .....	67
Turkey Souffle .....	61
Turkey Soup .....	12
Turkish Lamb .....	60
Tutti-Frutti Rolls .....	62
<b>V</b> .....	
Vanilla Ice Cream .....	48
Vanilla Mousse .....	49
<b>VEAL</b> .....	
Birds .....	22
Roast .....	26
Shoulder, Stuffed .....	26
Supreme .....	22
Veal Roasting Chart .....	66
<b>VEGETABLES</b> .....	
Broiling Chart .....	67
Canning .....	69
Consomme .....	11
Lamb .....	22
Lima Bean Salad .....	32
Pork Chops .....	22
Potato Salad .....	
Chef .....	32
Supper .....	32
Spinach Salad .....	32
<b>VEGETABLE COOKERY</b> .....	15 to 17
Asparagus with Egg .....	15
Baked Potatoes .....	17
Baked Potatoes, Stuffed .....	17
Butter Steamed .....	15
Corn Pudding .....	17
Dried .....	15
Egg Plant and Mushrooms .....	15
Escalloped Potatoes .....	17
Escalloped Tomatoes .....	15
General Directions .....	16
Macaroni and Cheese .....	14
Oven Cooked .....	17
Oven Steamed .....	17
Souffle .....	17
Squash, Stuffed Acorn .....	60
Steamed .....	15, 17
Sweet Potatoes and Corn .....	15
Vegetable Garnish .....	8
Vegetable Supper Salad .....	33
<b>W</b> .....	
Waffles .....	58
Water Lily (Egg Garnish) .....	8
Welsh Rarebit .....	14
Wheat Bread, Whole .....	57
Whipping Cream Fudge .....	62
White Layer Cake .....	35
White Loaf Cake .....	35
White Sauce .....	
Basic, Soups .....	11
Basic, Foundation Gravies .....	20
Whole Wheat Bread .....	57
<b>Y</b> .....	
Yeast Bread .....	54



